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THE PORTUGAL News

Portugal's National Newspaper in English

31 March 2007 • Edition N° 901 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net



Postal services among best

Portugal might not be firing on all cylinders when it comes to its economy, unemployment levels or secondary and tertiary education standards, but according to a survey published last week by the EC, it certainly has a lot to teach other EU member states regarding how to run an efficient and profitable post office service. (See Page 3)

World's biggest solar plant opens

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Charity Fraudsters use orphans for money

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More Iraqis looking to settle here

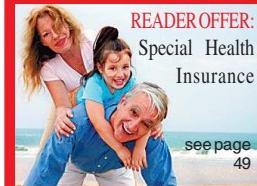
The number of Iraqis seeking asylum in Portugal is on the rise, according to the UNHCR. (See Page 2)

Red tape holding back jobs market

According to a report published Monday, excessive red tape and burgeoning bureaucracy is preventing Portugal's jobs market from developing in line with other Western EU member states. (See Page 5)

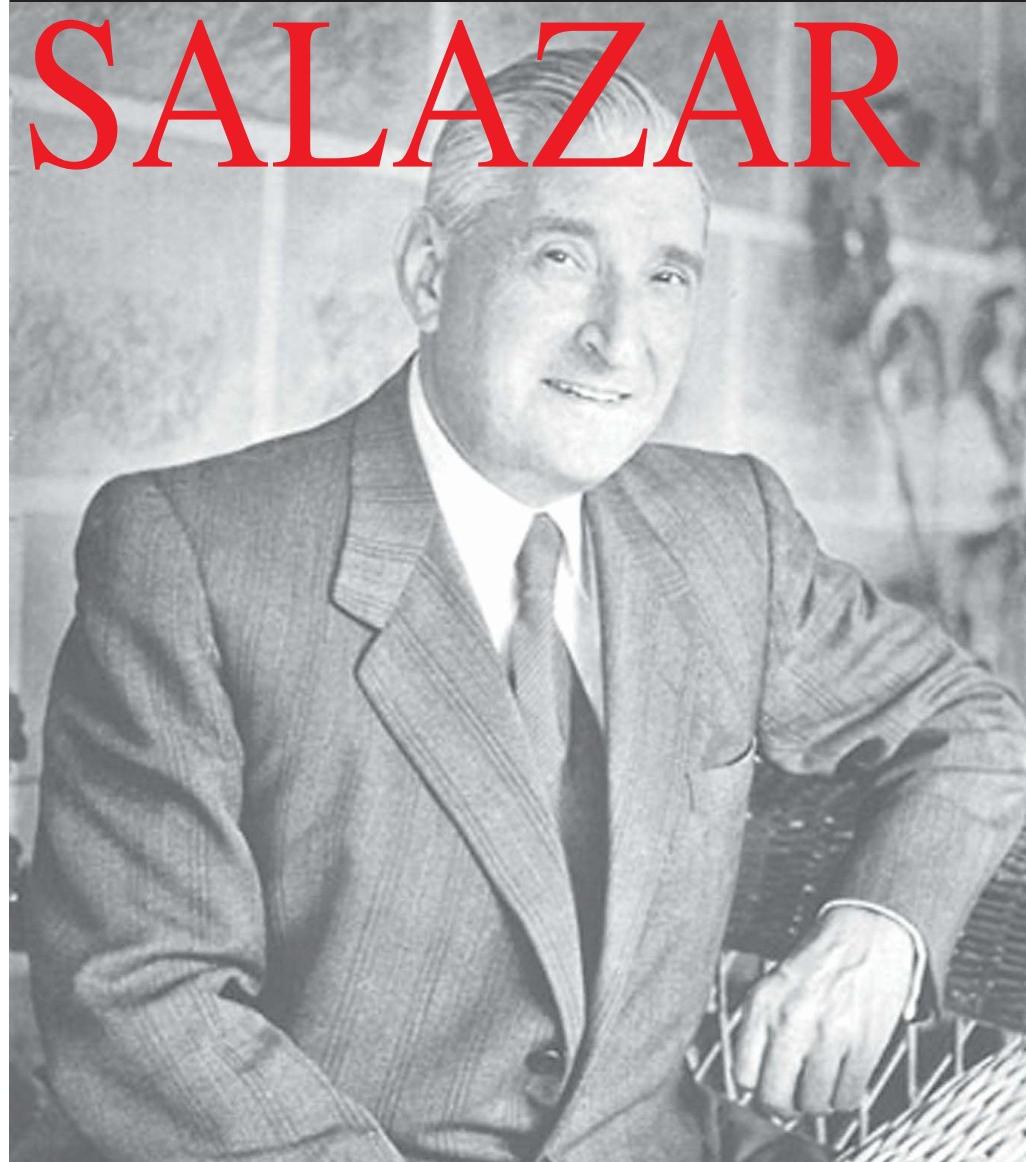
Weekend weather

Lisbon: Saturday: Light Rain, high of 16° Sunday: Partly Cloudy, High of 15°. **Faro:** Saturday: Afternoon Showers, high of 18° Sunday: Morning Showers, High of 17° **Oporto:** Saturday: Showers, High of 16° Sunday: Scattered Showers, High of 14°.



Shock and surprise as benevolent dictator is elected 'Portugal's Greatest'

PORUGAL ELECTS SALAZAR



Accredited with saving Portugal from economic and social anarchy when he first came to power, António de Oliveira Salazar has won his first election, albeit posthumously and on the state television network whose creation he oversaw and regularly censored. Response to Salazar's unexpected victory in RTP's phone-in to elect "The Greatest Portuguese" has been muted, despite him winning the ballot by a margin never seen in any major political poll held in the country's 33-year old democracy. While some observers have said not too much should be read into this poll, other analysts believe it is a sign of changing times and burgeoning dissatisfaction.

Forget Dom Afonso Henriques, Marquês de Pombal, Luís de Camões or Infante Dom Henrique, António de Oliveira Salazar is the greatest man Portugal has produced in its long and illustrious history one of the biggest non-political polls ever staged in the country has shown.

Almost 220,000 citizens paid premium phone-in rates (129,000 euros) to cast their vote, with 'Benevolent Dictator' Salazar obtaining more than twice the votes of second-placed Álvaro Cunhal, who obtained 19 percent of the vote, 22 percent behind the winner.

The election of Communist Party-founder Cunhal also comes as a surprise, given his Stalinist viewpoints, which he maintained to his deathbed, 15 years after the Berlin Wall had been reduced to rubble.

In third, was Aristides de Sousa Mendes, whose podium finish is as much a revelation as that of Salazar and Cunhal, as he never achieved cult status despite being widely considered as Portugal's greatest diplomat and recognised as the saviour of scores of Jews from Nazi persecution during the Second World War.

The top five is completed by D. Afonso Henriques and Luís

Salazar, see p. 21

Gypsy families uprooted from 20-year old informal settlement



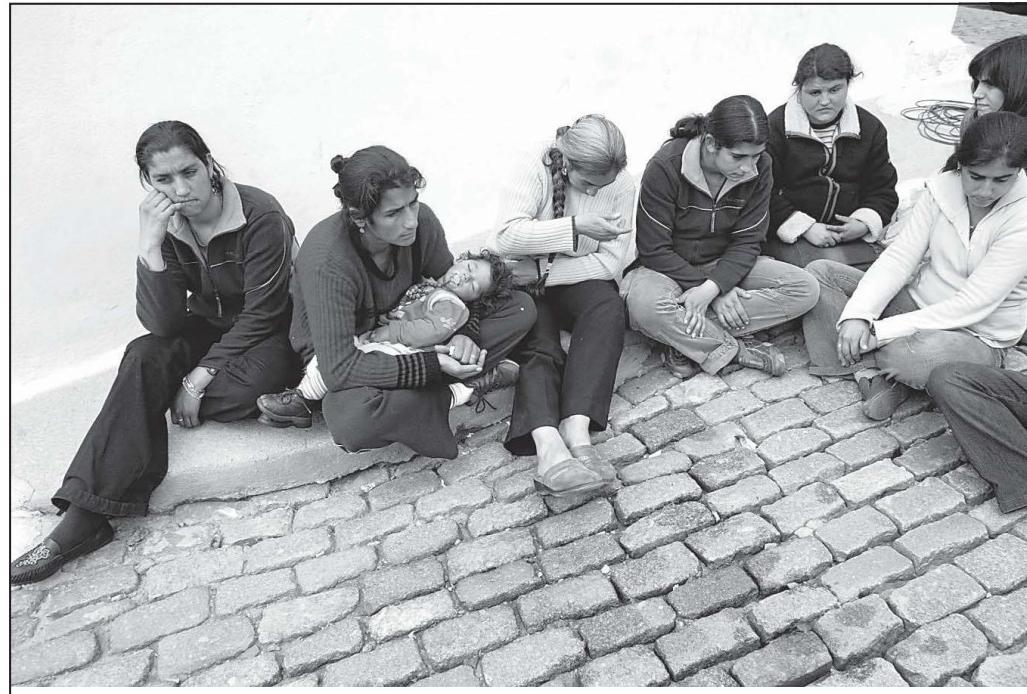
Oporto Mayor Rui Rio has this week appealed for the government's intervention concerning the re-homing of 46 people from the Bacelo neighbourhood, which Mr Rio ordered to be demolished this week.

Mayor Rui Rio reportedly called upon the State Secretary for Social Security, Rui Marques, and requested that he instruct the local social services to "assume their responsibilities".

Mayor Rio issued two official statements guaranteeing that the

neighbourhood's ex-inhabitants would be re-homed within a maximum period of two months.

In the meantime, he asked that they be sheltered in temporary accommodation, under the cover of a Social Emergency programme.



Seven women take a break by sitting on the pavement while helping in the demolition of their homes in the Bacelo neighbourhood in Oporto on Tuesday. (Photo: Lusa / Estela Silva)

THE PORTUGAL News



Represented in Portugal by:



ANGLOPRESS
Edições e
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Postal address: Apt 13 8401-901 Lagoa

Courier address: Rua Municipio de S. Domingos • Urb. Lagoa Sol • Lote 3 r/c • 8400-415 Lagoa

Gen.Tel: 707 500 655 **Editorial Tel:** 282 380 313

Sales Tel: 707 500 677 **Classified Tel:** 707 500 646

Gen.Fax: 282 341 201 **Sales Fax:** 282 352 053

Emails: info@the-news.net sales@the-news.net

Web: www.the-news.net

Distributed nationally by VASP

Member of apct

The Portugal News is owned and published by:
The News Group of Newspapers Inc. Depósito Legal Nº 80258/94
Printed by: MIRANDELA Gráfica, Lisbon

Print Run (Tiragem): 23,762

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Portugal backs EU version of US green card scheme



Portugal last week welcomed plans by the European Commission to introduce its own version of the United States 'Green Card' scheme which will make it easier for immigrants to settle and work within the European Union.

Earlier in the month Prime Minister José Sócrates had called for an increase in the number of immigrant workers entering the EU to help ward off problems from an ageing population in the 27-nation bloc.

Inspired by the famous American Green Card scheme, the Commission is putting forward proposals to introduce its own 'blue card' system to attract more qualified immigrants.

EU Justice spokesman Friso Ascam Abbing told the AFP news agency that he was aware that EU member states hold differing views over legal immigration.

But added that "everyone understands immigration will be part of the solution to the ageing population problem. We had better manage immigration properly as it is going to happen anyway".

The 'blue card', taking its name from the EU flag—blue with golden stars—"would allow holders to move around the European Union," EU Immigration Commissioner Franco Frattini said Monday.

"Today, if a multinational company wants to move an engineer who is from a non-EU country and working in Rome to Brussels, they have to go through visa procedures, get a residency permit and a work permit", ex-

plained Frattini, who plans to present a formal proposal on the issue in September.

The Commission hopes the scheme will help EU member states as they seek to remain economically competitive as well as tackle the problems they face from ageing populations.

The 27-nation EU trails both the United States and Canada, which have a "very active recruitment policy," an EU official speaking on behalf of Frattini said.

"There is that kind of potential in Africa which could be very useful to the EU," he added.

According to the Commission, the 'blue card' scheme would help the EU bring in the best workers from abroad, and target areas where they are particularly needed.

Latest statistics show that half of the immigrants in North America who are from the Middle East or North African regions are university graduates compared to under 13 per cent in the EU.

Frattini emphasised that "if the blue card is going to be attractive, there have to be inducements; no language requirements, the possibility of bringing the family over and a reasonably long permission to stay, more than just a year or two".

More Iraqis looking to settle in Portugal

The number of Iraqis seeking asylum in Portugal is on the rise, according to the United Nations refugee agency.

The UNHCR says that a total of 22,200 applications were made by Iraqis in 2006 looking to settle in European Union nations, up from 12,500 in 2005.

The majority of the two million Iraqis forced to flee their country remain in neighbouring nations such as Syria and Jordan—many of them awaiting the results of their asylum applications to the EU.

"The increase was particularly significant in the last quarter of 2006, when 8,100 Iraqis applied for asylum in the European Union," said UNHCR spokesman Ron Redmond.

"This reflects the growing sectarian violence in Iraq," he added.

The vast majority of uprooted Iraqis remain living in difficult conditions in neighbouring countries.

bouring countries in the region. Syria is home to one million while 750,000 are living in Jordan and up to 130,000 in Egypt.

For those attempting to leave the Middle East, the most popular destination is Sweden, followed by the Netherlands, Germany, Portugal, Spain and Greece.

Iraqis were the single largest group of asylum seekers looking to settle in the EU in 2006, followed by people from China, 18,300, Russia, 15,700, Serbia and Montenegro, 15,700, and Turkey 8,700.

However, in Europe as a whole, the number of Iraqi asylum seekers in 2006 was less than expected by the EU. The reason, according to the UNHCR, was due to more restrictive asylum policies being applied by the EU and also a slight improvement in conditions in their adopted home countries.

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Portugal opens world's biggest solar plant



The world's largest solar photovoltaic power plant, located in southern Alentejo, became fully operational this week and at its peak, will generate enough energy to power eight thousand homes.

Portugal's Alentejo region this week welcomed a solar energy plant that produces double that of the previous largest plant which is based in Germany.

The plant was built at an estimated cost of 61 million euros and consists of 52,000 photovoltaic modules generating 11 megawatts.

The plant is run by a consortium that includes national company Catavento, General Electrics (who financed the project) and Powerlight, international supplier of solar energy and who will be in charge of maintenance at the plant.

The environment will reap huge benefits from the plant, administrators say.

Under normal circumstances, in order to supply energy to eight thousand homes, more than 30,000 tons of greenhouse gas emissions in fossil fuels would be generated.

Tom Dinwoodie, CEO of PowerLight, in a recent press statement, called the project a "solar industry milestone."

The plant is in Serpa, which is one of Europe's sunniest areas.

It is built on a 60-hectare (150-acre) southern-facing hillside that will remain productive farmland.

The plant has meanwhile announced a tariff of 0.31 euros per kilowatt/hour that will be sold to the national electricity network.

It took six hundred workers to build the plant, but will only require five permanent workers now that it is fully operational.

However, the Serpa plant is set to be the biggest only until 2009, when neighbouring Moura intends to open one that will generate three times more energy.

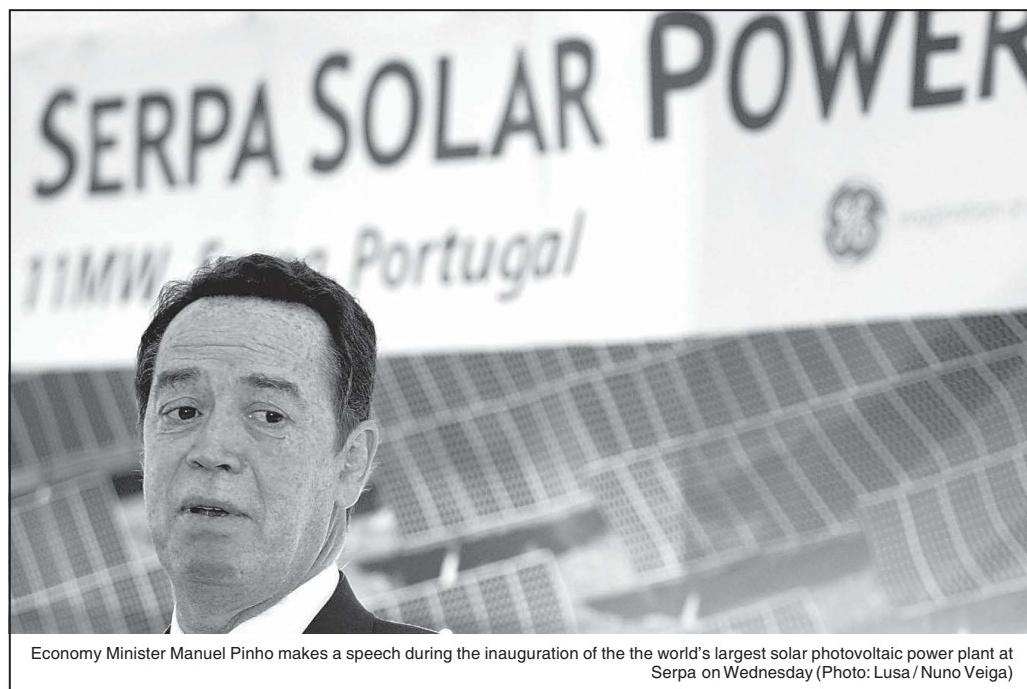
"The construction of the station is clearly irreversible," Moura Mayor José Maria Posse de Mina said last year.

The plant will have 350,000 solar panels spread over 114 hectares and will be able to produce 62 megawatts.

The plant is expected to be completed in 2009 and will cost an estimated 250 million euros to complete.

The decision to go ahead with the power station was taken after a viability study showed that Moura has among the highest levels of solar radiation in the world.

It will be built by BP Solar, a unit of energy giant BP, and it is expected to create 240 permanent jobs in the southern province of Alentejo, one of Europe's poorest regions.



Economy Minister Manuel Pinho makes a speech during the inauguration of the the world's largest solar photovoltaic power plant at Serpa on Wednesday (Photo: Lusa/Nuno Veiga)

"This is a unique project and the world's most ambitious in terms of final capacity," said BP Solar commercial director for southern Europe, Mr Francisco Conesa.

Under the United Nations Kyoto Protocol, which Portugal has signed, Portugal must generate 39 per cent of its electricity needs through renewable energy sources by 2009.

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Portugal might not be firing on all cylinders when it comes to its economy, unemployment levels or secondary and tertiary education standards, but according to a survey published last week by the European Commission, it certainly has a lot to teach other European Union member states regarding how to run an efficient and profitable post office service.

The Commission's statistics office Eurostat, ranked Portugal in third place out of the 27 EU member states when it comes to delivering mail on time. Only Slovakia and the Netherlands proved to be more efficient in the delivery stakes with 99.0 per cent and 96.5 per cent respectively of their letter deliveries being pushed through customers' letterboxes on time. Portugal's post office service managed to deliver 95.6 per cent of letters within 24 hours.

At the other end of the scale, France struggled to deliver 75.7 per cent of its mail on time while the UK managed 91.0 per cent,

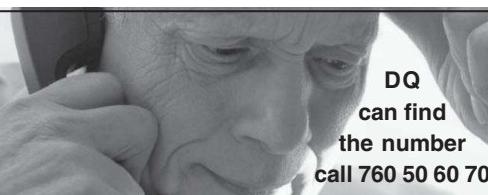
Germany 87.9 per cent and Spain 84.3 per cent.

Portugal's performance becomes even more remarkable when taking into account the number of personnel employed by its post office industry. There are a total of 14,378 employees either working in or directly supporting the country's 3,037 post offices, which equates to 4.73 people per postal establishment – far fewer than in most other EU member states. Included in this number of personnel are part-time workers who are on the pay roll, as well as seasonal workers, apprentices and home workers.

On the other hand, the Netherlands has 42,150 personnel working in its 10,063 post offices – 19.95 people per post office – the UK has 195,952 employed within its 17,900 post offices – 10.9 people per post office – and Belgium has 32,311 working in 1,038 of the country's postal establishments – 31.2 people per post office.

The survey found that queuing at a post office in Portugal is far less time consuming than in most other EU member states. On average in Portugal, 3,449 people are served by one post office while in the Netherlands the figure is 7,698, Cyprus 14,048, Poland 4,574 and France 3,552.

Portuguese citizens are also beginning to post more letters than they did in the late 1990s. During 2005, the number of letters sent per capita of the population was 124 compared to 73 in 1999, but still somewhat adrift of the 326 posted by their Dutch counterparts and the 315 mailed by UK citizens.



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EU praises Portugal's efforts to slash budget

European Union Economic and Monetary Affairs Commissioner Joaquim Almunia said this week that progress by Portugal's government in reducing its budget deficit last year was "very good", increasing the likelihood of Lisbon reining in its fiscal gap to below three percent of GDP by 2009, as demanded by Brussels.



European Investment Bank (EIB) President Philippe Maystadt (L), Belgian Finance Minister Didier Reynders (C) and European Union Monetary Affairs Commissioner, Spaniard Joaquim Almunia (R) talk at the start of the ECOFIN Council meeting at the EU headquarters in Brussels on Tuesday. (Photo: EPA / Olivier Hoslet)

Speaking after a working break with Portuguese Finance Minister Fernando Teixeira dos Santos, the EU commissioner said the reduction in Lisbon's budget gap last year "shows that the government's efforts are having the desired results".

Portugal's National Statistics Institute said last week that the budget gap for 2006 had been fixed at 3.9 percent, compared to the 4.6 percent predicted by Lisbon for last year.

Portugal's budget deficit had rocketed to around six percent in 2005, prompting Brussels to impose strict targets to rein in the shortfall over three years to below the eurozone's three percent ceiling.

On Monday, Lisbon's finance minister informed his EU colleagues that the centre-left Socialist government of Prime Minister José Sócrates had narrowed its fiscal deficit mainly through reducing state spending, as well as boosting tax revenues and combating fraud.

Public expenditure in Portugal has largely been lowered by slashing welfare benefits and pensions in the state sector, measures that have brought protesters into the streets of Lisbon over the past six months in several mass demonstrations. *TPN/Lusa*

Charity fraudsters use orphans for money

Police have confirmed they are looking for at least three suspected fraudsters who attempted to use the Faro children's home *Refúgio Aboim Ascenção*'s name during a phoney door-to-door 'fundraising campaign'.

The first case was denounced by a seamstress in Quarteira, who raised the alarm after two men knocked on her door asking for charity for the institution.

She immediately contacted the *Refúgio*, who reported the incident to the police.

Later it emerged that a female accompanied by two men had also re-enacted the incident, this time in Lagos, during the afternoon.

Dr Luis Villas Boas, director of *Refúgio Aboim Ascenção* in Faro, told *The Portugal News* he felt "indignant" by what took place, by people "attempting to use the refuge's name to make money".

"We have never done that, and we never will", he said of door-to-door campaigns.

Founded in 1921, *Refúgio Aboim Ascenção* is presently home to nearly one hundred infants, placed in the institution's care following various situations of neglect and/or abuse.

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For Classifieds that really work

One third of working time goes to paying taxes



Figures released last week show that more than one third of the average Portuguese worker's working year goes in paying taxes. In other words, it is not until early April that workers start earning money for themselves rather than the government.

The survey by the European Commission's official statistics agency Eurostat indicates that in 2005, tax revenue garnered by the government was 36.3 per cent of the nation's gross domestic product (GDP).

GDP represents the total annual value of all goods and services produced by the country's workforce. The figures revealed that agriculture produces 5.9 per cent of Portugal's annual GDP, industry 30.9 per cent and services 63.2 per cent.

While the Portuguese workers' tax burden increased from 35.4 per cent of GDP in 2004 to 36.3 per cent in 2005, the load was somewhat less compared with some other European Union member states.

French workers saw their tax rates rise to 45.8 per cent of GDP in 2005 from 45.0 per cent in the previous year. UK workers experienced a 1.2 per cent increase from 37.4 percent

to 38.6 per cent for the same period while the Netherlands fared better with a rise from 38.7 per cent to 39.2 per cent.

Eurostat measured the three main categories of compulsory tax levies—indirect taxes such as VAT, direct taxes on income and wealth, and social contributions for paying into social security funds or other social insurance schemes.

Because of differing national tax structures, these three components vary considerably in importance among countries in terms of what they actually collect in tax revenues.

One notable feature is that in new EU member states, including recent arrivals Bulgaria and Romania, there is less reliance on direct taxes as a form of government revenue than in the EU as a whole.

As a generalisation, the amount of taxes collected in Scandinavian countries tends to be higher than the EU-25's average of 40.9 per

cent of GDP, and the amounts collected in the new member states tend to be lower.

Among the 25-member states, the highest ratio of tax revenue to GDP in 2005 was above 50 per cent in Sweden and Denmark. By contrast, the figures for the three Baltic States and for Slovakia were around 30 per cent.

Portugal's failure to attract foreign investment, which in turn could lower workers' tax burdens, is primarily due to the country's education system, according to the Organisation for Economic Cooperation and Development (OECD).

A recent report backed by the OECD said: "A poor educational system has been an obstacle to greater productivity and growth. Portugal has been increasingly overshadowed by lower-cost products in Central Europe and Asia", which are attracting an increasing amount of foreign investment.

Portugal presents its EU presidency priorities

The Portuguese government has presented its priorities for the European Union's energy sector during Lisbon's presidency of the EU later this year, including the creation of internal gas and electricity markets.

Portuguese Economy Minister Manuel Pinho, speaking after a meeting with European Energy Commissioner Andris Piebalgs, said another key goal of Portugal's EU stewardship in the energy area will be to define a regulatory framework for the use of Renewable Energy Sources (RES).

The third, and final, objective for the Portuguese EU presidency, running from July 1 to December 31, will be to develop a European Strategic Technical Energy Plan (SET-plan), Pinho said after his talks in Lisbon with the EU's energy chief.

The Lisbon government's directives for establishing the internal energy market will be presented to the European Parliament in July, said Pinho, noting

the fact that the other two portfolios "are more delayed" will not have any negative impact on Portugal's EU stewardship.

Speaking in turn, the EU's energy commissioner said plans to create the directive framework and energy technology plan are forecast to be presented to the EP in October.

The Latvian commissioner also described the ambitions of Lisbon's forthcoming EU presidency in the energy field as very "ambitious", noting the "very valued support of Portugal" in this sector.

Brussels is working in "close conjunction with Lisbon to prepare" Portugal's six-month stint in the driving seat of the EU, he added. *TPN/Lusa*



Economy Minister Manuel Pinho with the Mayor of Paços de Ferreira Pedro Pinto, before the signature ceremony of the investment contract with the IKEA group last Saturday. (Photo: Lusa / Estela Silva)

Gov't red tape holding back jobs market

According to a report published Monday, excessive red tape and burgeoning bureaucracy is preventing Portugal's jobs market from developing in line with other Western European Union member states.

The Organisation for Economic Cooperation and Development (OECD) said in its Job Strategy report that Portugal urgently needs to get more people into paid employment if it wants to boost living standards and keep its welfare system afloat.

It points out that this objective can only be achieved by removing unnecessary bureaucracy and moving away from "policies that discourage people from working and companies from hiring and doing more to raise workers' skills".

Portuguese seeking work, often find their chances of getting a job are hampered by "poorly designed regulations, lack of

job-search support or their own lack of job skills," the report says.

The upshot of these problems is that Portugal's economic growth is being held back and the brake is being applied to any increase in the country's prosperity, according to the OECD's General Secretary Angel Gurria.

"Systems that exclude people from employment are unfair and need to be changed. The key is to ensure that all economic policies are in line with and supportive of measures to boost employment and incomes," Gurria told journalists at a Brussels press conference.

"We believe that countries that take action along the lines we are recommending will be rewarded by a stronger labour market and, most importantly, improved living standards," he added.

The report makes it clear that there "is no magic bullet or sin-

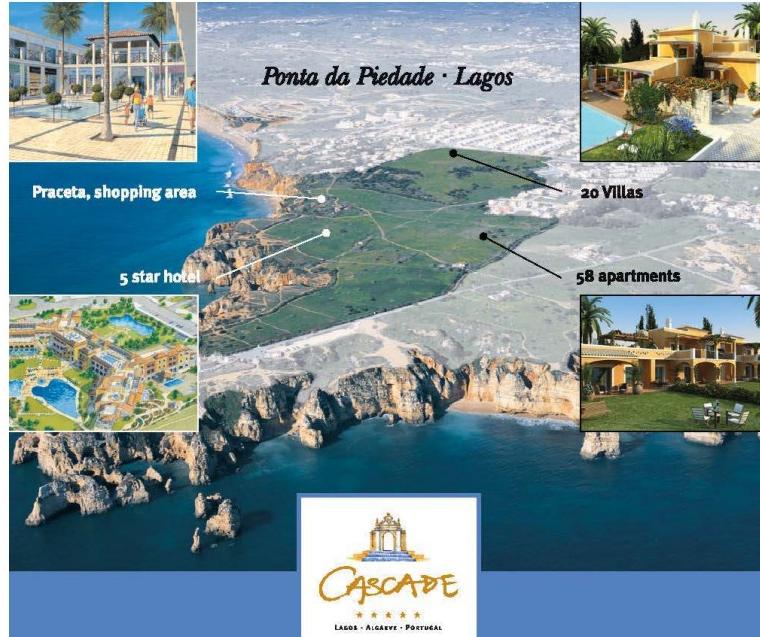
gle set of economic policies that can solve a given country's employment problems".

However, it lays down basic criteria that it considers essential if countries such as Portugal are to reduce current high rates of unemployment and reap the benefits of "globalisation".

Among these criteria are recommendations to "adapt regulations and tax policies so as to encourage companies to take on staff rather than shun new hires". It is also recommended that legislation protecting job security does not undermine the "dynamism of the labour market or lead to discrimination in hiring and firing".

Portugal is urged to provide people of working age with the education and training opportunities required to "get jobs and raise their income".

The setting of "macroeconomic policies which aim to achieve price stability and sustainable public finances," is also recommended.



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Barroso dances the night away

Celebrating the 50th anniversary of the Treaty of Rome - the forerunner to the current 27 nation European Union - European Commission chief Durão Barroso joined with revellers in Berlin last Sunday before attending a performance of Beethoven's 5th Symphony with EU leaders followed by a sumptuous banquet in the German parliament building.

EU Snippets

Only 25 percent think the EU has made life better

Only a quarter of people in the five biggest EU countries think that their lives have got better since their country joined the EU, according to a London Financial Times newspaper survey. Twenty five per cent of citizens questioned in Britain, France, Germany, Italy and Spain thought that membership of the EU had improved their lives, while some 44 per cent said their lives had got worse. However, that did not mean they wanted to leave the community. Just under 23 per cent said their country would be better off by withdrawing from the 27-nation bloc, compared to 40 per cent who thought it would be worse off. The poll also found that 35 per cent of respondents thought that the proposed EU constitution would have a positive impact on their country, against 27 per cent who thought the opposite. The Financial Times poll questioned 6,772 adults in the five EU countries between February 28th, and March 12th.

Cast off EU cars flooding Bulgaria's roads

Bulgaria's entry into the EU led to the lifting of all previous import taxes and opened the floodgates to a polluting stream of second-hand cars that is stalling traffic on Sofia's pothole-filled roads. In the first two months of joining the EU, the Interior Ministry recorded a record 46 per cent rise in car registrations as an additional 34,677 second-hand vehicles and 8,723 new ones joined the traffic jams on Bulgaria's already busy roads. Traffic in the EU's poorest newcomer member state is dominated by cars that Germans and Italians used to drive 10 years ago. The surprisingly low mileages rarely correspond to the age of second-hand cars but dealers have a ready-made answer: "The car belonged to an old lady".

Cyprus gives Euro the go-ahead

The Cyprus parliament last week voted in favour of adopting the euro on January 1st, 2008, despite opposition from a senior partner in the island's ruling coalition. The 56-seat house in Cyprus, which joined the EU in May 2004, passed the legislation by 36 votes to 15 against. MP Stavros Evagorou urged a delay to give a "transitional economy" more time to harmonise with Europe and allow extra funding for social programmes. Cyprus had to approve EU-mandated legislation in order to adopt the euro in accordance with a European Central Bank deadline. The legislation covers the conversion process - a year-long dual pricing system after the pound is locked against the euro, dual circulation of both currencies for one month, and 100,000-euro fines for profiteers under a "naming and shaming" policy.

EU warns Poland over homosexual ban

A proposed bill to ban the discussion of homosexuality in Polish schools would violate free speech, the EU warned Poland's government last week. Education Minister Roman Giertych's views on homosexuality and lesbianism are seen by many as being homophobic. In 2006, the Council of Europe threatened action against Giertych after a Polish education official was sacked for compiling a manual on human rights education that contained a favourable disposition towards homosexuals. Mr. Giertych heads the small right-wing ultra Catholic League of Catholic Families Party. The Human Rights Watch group said the ban "would create a climate of intolerance in schools". In a letter to Poland's Prime Minister Jaroslaw Kaczynski, the group claimed the proposed ban would also unfairly punish anyone who promoted homosexuality or "any other deviance of a sexual nature in educational establishments". It stressed that the ban "would deprive students of potentially life-saving information on AIDS/HIV".

German arrested for 19 murders in EU countries

A detained German truck driver is suspected of being behind at least 19 murders over more than 30 years in Germany, France and Spain. The 48-year-old man, who was arrested in November, "is suspected of having committed at least 19 murders between 1974, when the suspect was 15-years-old, and 2006," a German police agency announced Monday. The man was arrested by German authorities in Cologne, who identified him only as Volker E., after he was captured on a CCTV camera operated by a private Spanish company while disposing of one of his victims near Barcelona. When confronted with the evidence, the suspect allegedly admitted to five murders in Spain and France as well as his first in Germany, where the victim was 14-years-old. When police picked the suspect up, they found clothing, hair and photos of murdered prostitutes in his possession.



German Chancellor Angela Merkel and the President of the EU Commission José Manuel Barroso are pictured with school children while 5000 balloons featuring the flags of the EU member states soar into the sky in front of the Brandenburg Gate in Berlin on Sunday 25 March 2007. The 50th anniversary of the Treaty of Rome was celebrated with a ceremonial act and the Grand Europe Festival in Berlin. (Photo: EPA/Wolfgang Kumm)

In between swivelling his hips to rock bands at an open-air concert close to the Brandenburg Gate and licking his lips after the six-course two-hour repast, Barroso told journalists that the European Union represents the future of Europe.

"European politicians have to convince citizens that the European Union is the best answer to 21st Century challenges such as globalisation and sustainable growth," he said.

Barroso was quick to applaud the German government on its 'Berlin Declaration' celebrating the 50th anniversary of the Treaty of Rome saying it sets the goal of putting the 27-nation bloc on a new foundation by 2009.

He pointed out that the declaration did not contain any specific reference to the controversial EU draft constitution although it did speak of "a renewing in time for the 2009 European Parliamentary elections the basis on which the European Union is built".

Italian Prime Minister Romano Prodi went further than Barroso in pushing the proposed constitution into the limelight by saying that without a constitution "Europe will die" - a view shared by several member states, including Portugal.

The German Chancellor Angela Merkel, whose country holds the EU six-month rotating presidency, told party revellers outside the German Parliament that the enlarged 27-member EU needs a new constitution to streamline decision-making.

But most political observers were of the opinion that much of Barroso and Merkel's chimes on Europe and the proposed constitution were lost on the 60,000

plus German citizens who were treated to an all-night clubbing extravaganza, in which ravers hopped between 35 Berlin night-clubs for an EU-subsidised 12

euros while gulping down barrels of free bratwurst and beer.

The free open-air concert near to the Brandenburg Gate featured bands from all over Europe. They

included veteran English rocker Joe Cocker, Scottish folk band The Universal Suspects, and Outlandish, a Danish-Moroccan trio.

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Portugal among first to provide aid after fatal Mozambique blast

International aid began arriving in the Mozambican capital at the weekend, following fires and explosions at a suburban arms depot that left at least one hundred dead and more than 450 injured.

Portugal delivered a five-ton plane load of emergency medical supplies Sunday and Brazil, another of Mozambique's partners in the Community of Portuguese Language Countries (CPLP), promised help.

While there has been no official explanation for the arms depot tragedy that took place last Thursday on the outskirts of Maputo, the country's opposition leader, Afonso Dhlakama, dismissed early Defence Ministry indications that excessive heat was to blame as "disinformation" and a "lack of courage".

In comments Friday, Dhlakama set aside demands from some quarters for the resignation of Defence Minister Gen. Tobias Dai, saying what was needed was thorough reform of defence policy and greater discipline in military installations.

Portuguese Ambassador José Freitas Ferraz delivered Lisbon's medical aid to health officials, saying the five tons of supplies,



People flee from fires and explosions at a suburban arms depot on the outskirts of Maputo last Thursday. (Photo: Lusa / Pedro Sá da Bandeira)

especially material for burn victims, was only the first part of help promised by Prime Minister José Sócrates to Mozambican President Armando Guebuza. TPN/Lusa

PM calls for EU to remain tolerant, cohesive and open

Europe's future "depends on its being faithful to its genetic code, the secret of its success: tolerance, cohesion and openness", Portuguese Prime Minister José Sócrates said in an article published in a German newspaper.

"We can't permit the loss of solidarity, cohesion, openness and the community method of decision making", Sócrates wrote in a *Frankfurter Allgemeine* supplement marking the 50th anniversary of the signing of the Treaty of Rome,

the EU's founding charter.

The Portuguese leader said that Lisbon, which joined the EU in 1986, had "always been at the forefront of European integration, whenever it meant the deepening of the European project, making efforts to rein-

force its single political component".

Portugal's turn at the EU helm during the latter half of this year would provide a "unique opportunity" for Lisbon to press forward with these commitments, he added. TPN/Lusa

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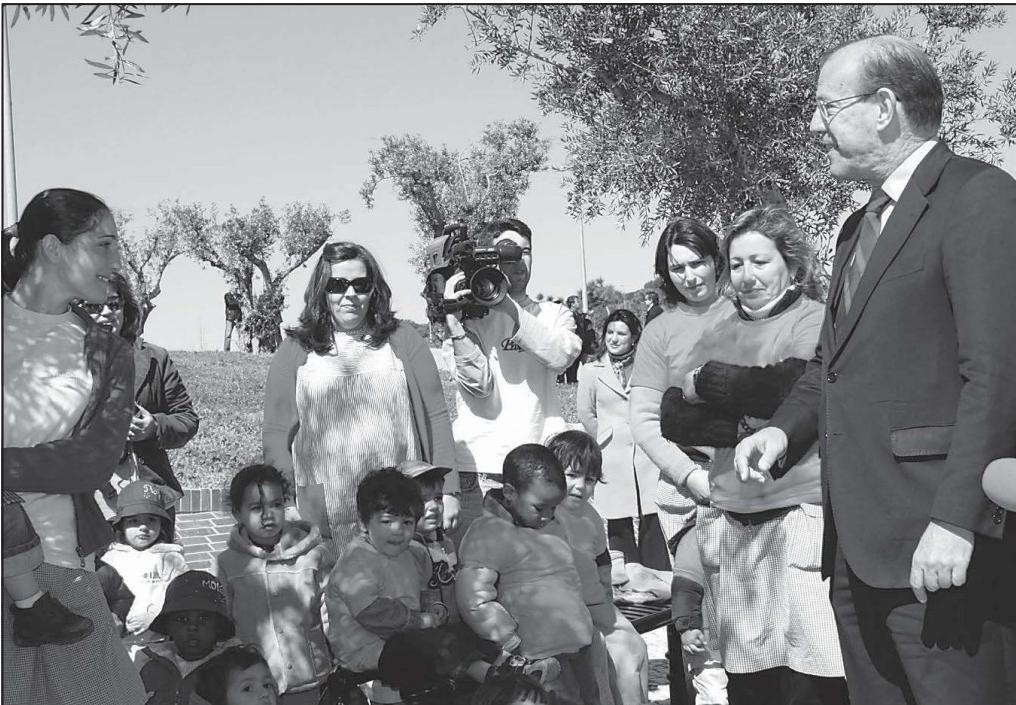
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The Mayor of Lisbon Carmona Rodrigues talks to infant school teachers and children during the inauguration of the Bela Vista South Park in Lisbon last week.

'SuperJumbo' sweeps Lisbon skies



Earlier this week the much-talked-about Airbus A-380, the largest airliner in the world, swept over Lisbon airport's runway as part of its training and experimentation phase.

After approaching the airport at low-altitude the double-decker aircraft glided along the runway

without actually touching down. Measuring 24 metres in height, with a wingspan of 80 metres, the



Airbus A-380

Treasurer: Jamie Sanches; Secretary: Theresa Adams; Committee Member: Eva Sanches; Committee Member: Iain O'Donnell

The next event of the Society will be the St. Andrew's Ball on Saturday 24th November 2007. Tickets for this event can be reserved by contacting either the Chieftain, David Wilkie on 967857952 or the Secretary, Theresa Adams, on 912306353. Anyone wishing to receive news about the Society's events by email, please contact Theresa Adams on st.Andrews@sapo.pt

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'SuperJumbo' has a capacity for 800 passengers and can travel up to 1,000 kilometres per hour.

Since March 19th the plane has been undergoing test flights, already having flown without passengers to cities around the world, including New York, Chicago, Washington, Hong Kong, Frankfurt and Munich.

Those watching the skies in Lisbon on Monday afternoon would have been astounded by the 'Gi-

ant of the Skies', which according to some eyewitnesses caused a certain amount of alarm given the deafening noise it generated.

En-route from Bordeaux, according to ANA Airport and Air Navigation spokesperson Rui Oliveira, everything went as planned with the jumbo's re-hearsal landing.

A commercial test flight has already taken place with 500 guest passengers aboard.

A new psychotherapy approach to be presented in Lisbon

A clinical psychologist who practices in Greenville, South Carolina is scheduled to present a 4 hour pre-conference workshop on a Clinical Biopsychological Approach in the treatment of psychological problems at the Society for the Exploration of Psychotherapy Integration (SEPI) meeting in Lisbon, on July 5th. There will be more detailed continuing education workshops on this approach for mental health professionals in Philadelphia and Baltimore on May 18th and May 25th.

The clinical biopsychological approach is based on the brain model published in the recent issue of *The Journal of Mind and Behavior*. The cortical model was developed over 20 years ago, but enough support from brain imaging studies has only now made the theory publishable in a peer-reviewed journal. Clinical psychologist, Robert A. Moss, Ph.D., ABPP, has an upcoming paper on how the model relates to the treatment of negative emo-

tional memories that will be published in an upcoming issue of the *Journal of Psychotherapy Integration*, SEPI's APA journal.

The upcoming workshop in Lisbon will be the first time this has been presented to an international audience of psychologists. Dr. Moss has been working with a clinical biopsychological approach in the treatment of psychological problems, including depression and anxiety, in his private practice for years, though these are the first articles to appear in peer reviewed journals.

The approach differs from the three main theoretical approaches (i.e., psychodynamic, humanistic/experiential, and cognitive-behavioral) individual psychotherapy, in that it is the only one based on a brain model. Dr. Moss is board certified in both clinical psychology and neuropsychology. Based on this brain model, Dr. Moss has written a professional manual on conducting treatment, a self-help book, and two Christian books.

Further delays for tunnel opening



The Marquês tunnel, which has already suffered extensive set backs and was last predicted to be opening at the beginning of April, will now be open at the end of April "at the best", sources have said.

According to the source, the current delay, which further adds to a 'set-back' of over two and a half years, is due to the project's imminent handover to the city hall this Saturday.

After being delivered to municipal authorities, Lisbon City Hall will carry out its own tests and examinations to ensure everything is as ordered.

This alone will set back the original opening, intended for the beginning of April, by nearly one month.

Should any alterations or adjustments be required, then the opening date could be set back again, indefinitely.

Tests are already being carried out on the infrastructure, such as the ventilation and smoke and fume extraction systems.

According to Pedro Feist,

councillor in charge of municipal projects, these tests are the most crucial for the tunnel's opening and could be the ones that cause further delays.

Works on the tunnel commenced in August 2003 with their completion initially announced for December 2004. However, the tunnel was put on hold after legal action was implemented regarding environmental issues.

Lisbon City Mayor Carmona Rodrigues has said that the tunnel, when open, will be "permanently monitored" by traffic lights and a radar system identical to others already functioning around the city, placed on the Amoreiras/Marquês Pombal roundabout. Traffic circulating through the structure will be limited to a maximum speed of 50 kilometres/hour.

Heavenly Music

Saxophone and String Orchestra.

The excellent and well attended performance at St. Andrew's Church was thoroughly enjoyed by one and all and was followed by refreshments and conviviality. The photograph shows the members of the Chamber Orchestra with Rev. Bill Ross.



Democrats Abroad Meet in Germany

Democrats from around the world met in Heidelberg, Germany last weekend to lay the groundwork for winning the Presidency and increasing their majorities in the House and Senate in the 2008 election.

"Because we live outside the United States, members of Democrats Abroad see the damaging effect of the Bush Administration's policies on the entire world every single day," said newly elected International Chair Christine Schon Marques.

Democrats Abroad is the official arm of the Democratic Party for Americans living outside the

United States in over 70 countries. Founded in 1964, it holds voting seats on the Democratic National Committee and sends a voting delegation to the party's national convention that selects the Democratic nominee for President.

For further information In Portugal: chair pt@democratsabroad.org

Meia Praia to be spruced up



Half a dozen luxury hotels and apartments with a total capacity for 13,500 people, a congress centre and the extension of the Palmares golf course from 18 to 27 holes are but a few of the projects that look set to elevate Meia Praia's status. This, however, has caused a stir with the village's indigenous population, Portuguese settlers known as 'Indians'.

Despite still being in the first phases of public debate, the project, which is thought to span the next decade, has already obtained a favourable nod from the Regional Coordination and Development Committee.

Six four-and-a-half-star hotels are to comprise the 10-year plan.

Lagos Mayor, Júlio Barroso said, "The Meia Praia Urbanization Plan will be strongly inclined towards tourism and hospitality".

Despite the benefits, Mayor Barroso realises that by implementing the project it will be "touching something that is very dear to all Lagos citizens", adding that although Meia Praia is part of Portugal's wealth, it is firstly "Lagos's wealth".

Dozens of fishermen and their families made Meia Praia their home after settling in the small village in the 1950's due to the wealth of fish found along the

respective coastline.

Baptised 'Indians' by the locals, these families were later immortalised in Portuguese film and song. Lagos city hall is gradually trying to re-incorporate this unique group of inhabitants back into the city through a re-homing programme, affirming, "We don't want ghettos".

However, the 'Indians' are standing firm on the land they adopted, going as far as to suggest legal action to rightfully claim their land, should it be necessary.

"The 'Indian' families will remain united in their fight to stay in Meia Praia", said José Bartolomeu, head of the Meia Praia Village Residents Committee, "Even if we have to leave, we will choose where we move to".

"We don't want them to remove the Portuguese from here to replace them with foreigners", he concluded.

Faro and Loulé to build Algarve's largest auditorium

Faro and Loulé city halls have joined forces to pen a project that will see the construction of the Algarve's largest auditorium as well as a multi-use pavilion and a four-star hotel.

However, only 15 per cent of the overall budget has been obtained so far.

With an estimated cost of 20 million euros, only three million euros are guaranteed for the future 1,800-seater auditorium's construction, administrators said this week.

During a press conference, Faro Mayor José Apolinário emphasised the difficulties that the municipalities of Loulé and Faro are experiencing at present, though defended the project's completion as a bonus for the region.

To be located next to the Algarve Stadium, Architect Regino Cruz, who designed Lisbon's Atlântico Pavilion and Estoril's congress centre, has been given the task of creating the new infrastructure.

Covering 21,400 square metres, the auditorium will have ris-

ing platforms, will be dividable, and will be surrounded by a 200-room four-star hotel, shops, offices and parking for 5,000 vehicles. Along with the Algarve Stadium, the area will be designated 'Parque das Cidades'.

According to the architect, the design will aim to create a building "that will be missed by all those who visit it".

Of the 20 million euros estimate, 2.5 million is being supplied by investors Vilamoura XXI, with another 500,000 euros from past communarian aids.

It is hoped that the EU will supply the remaining 17 million euros, though the Mayors are encouraging private investors to contribute too.

Contrary to a general belief that the new project will become yet another 'White Elephant', as did the Algarve Stadium, Mayor Apolinário and Loulé Mayor Seruca Emídio have assured that the new project will guarantee the sustainability of the 'Parque das Cidades' as a whole.



The site which will accommodate the new development plans for Meia Praia

Head for the Swiss alps with Faro's new route

As of May, low-cost airline Helvetic Airways will be introducing a new route, direct from Faro, once a week to Zurich, Switzerland.

Directly connecting Faro to one of Switzerland's main airports, this new route, which will commence on May 10th, will offer the opportunity for those living in Switzerland or the Algarve to commute at a fraction of standard costs.

According to Francisco Pita, the Faro-Zurich route is one of many exciting new introductions for Faro airport. Others will be revealed with the launch of Faro airport's 'Summer Schedule', later this season.

For airline Helvetic, the Algarve is a brand new market and will be the first time it is introduced to the region. For Francisco Pita, head of Faro airport's Marketing department,

the Faro-Zurich route represents an "important step for the region's development and accessibility, favouring the growth and variety of new tourism markets".

According to Francisco Pita, the Faro-Zurich route is one of many exciting new introductions for Faro airport. Others will be revealed with the launch of Faro airport's 'Summer Schedule', later this season.



Authorities target 'parallel' tourist accommodation

Thirty-nine cases have been opened by the Food and Economic Safety Authority ASAE in the Algarve against venues offering unlicensed tourist accommodation.

The venues targeted by the ASAE include holiday resorts and private properties offering rooms or beds as tourist accommodation but that are not officially licensed to do so.

'Operation Parallel Beds' took place across the Algarve, towards the end of last week, and had nine ASAE teams inspect 44 tourist venues, with only five of these escaping 'punishment'.

Eight-nine per cent of the cases were related to the lack of respective licensing, whilst the remaining cases were subject to penalisation for not posting prices or establish-

ment classification placards.

According to ASAE spokesperson Manuel Lage, the fines can vary between 500 and 2,500 euros for private establishments offering non-licensed accommodation, and can soar up to 33,000 euros for established businesses or collective companies in the same situation.

While there are no official figures available, Eldérico Viegas, of the Algarve Association for Hotels and Tourist Establishments AHETA, estimates that half of the Algarve's visitors do not stay in licensed accommodation.

"Of the six million tourists

that visited the Algarve in 2006, half stayed in their holiday homes, with family or friends, or used 'parallel' accommodation", said Viegas.

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Network goes large

business interfaces with government and research experts

The Women's Professional Network invites you to participate in an innovative event with keynote speakers, Dr Antonio Pina, Civil Governor of the Algarve, and Jay Conboy, senior academic researcher at the Marketing and Research Academic Office (GAIM), who will deliver invaluable insights for anyone with business in the Algarve and the general public. The event will be held at the sumptuous Hotel Montechoro, Albufeira, on Wednesday, 18 April 2007 where fine wine and food will accompany this engaging network opportunity.

25€ to members, 28€ to non members. Please contact Network Co-ordinator, Paulette Fouché at pfouché@clix.pt or 282 415843 by 16th April



Network members

sudoku

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4			5	3				
	1	6						5
7				9				2
2								
9	6		1					
8		3						7
1				4	2			
	2	7						5

Last weeks solution:

2	7	8	9	1	6	3	5	4
9	3	6	7	4	5	1	8	2
1	4	5	2	8	3	9	6	7
8	9	4	1	6	7	2	3	5
6	5	1	4	3	2	8	7	9
3	2	7	5	9	8	6	4	1
4	6	2	3	5	1	7	9	8
5	1	3	8	7	9	4	2	6
7	8	9	6	2	4	5	1	3

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

The Algarve says goodbye to Pam Eggleton

Many people will be sad to hear that Pam Eggleton passed away on March 15th at Palhagueira nursing home having suffered a stroke weeks previously.

Her funeral will be on Monday, 2nd of April, at 10.30 and will be held at St. Luke's church, Palhagueira, Sta. Barbara de Nexe.

Pam was the founder in 1981 of Riding for the Disabled in the Algarve, bringing to it her extensive knowledge as a horsewoman and as a physiotherapist.

As they say, from little acorns mighty oaks grow. Pam was that

little acorn which promoted the development of therapeutic riding and hippotherapy throughout Portugal through the professional training courses organised in the Algarve for therapists and riding instructors.

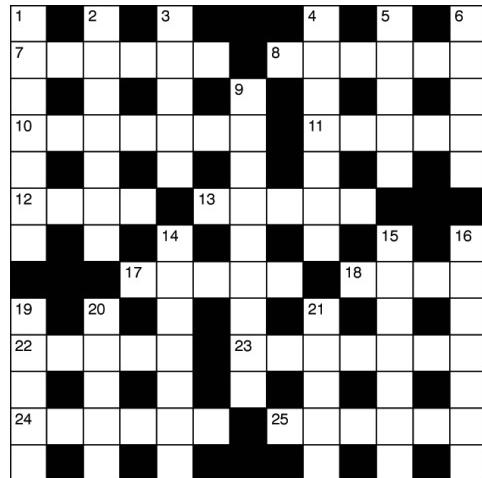
Many groups now exist in Portugal to benefit disabled people who may benefit from this valuable therapy.

No flowers please but the family have said that Pam would prefer a donation to RDA Algarve to help continue the good work. (contact Rosemary Owen, President, Tel : 964 027 677).



Pam Eggleton, founder of Riding for the Disabled in the Algarve who died on March 15th

The Portugal News Crossword No. 135



ACROSS

- 7. Grain (6)
- 8. Zeal (6)
- 10. Contain (7)
- 11. Boast (5)
- 12. Huge (4)
- 13. Despise (5)
- 17. Haste (5)
- 18. Besides (4)
- 22. Slack (5)
- 23. Shorten (7)
- 24. Fix (6)
- 25. Bearing (6)

DOWN

- 1. Accomplish (7)
- 2. Operation (7)
- 3. Indefinite (5)
- 4. Courage (7)
- 5. Knave (5)
- 6. Hackneyed (5)
- 9. Fickle (9)
- 14. Pacify (7)
- 15. Cheer (7)
- 16. Under (7)
- 19. Fissure (5)
- 20. Cavalry (5)
- 21. Impudent (5)

QUICK CROSSWORD SOLUTIONS No.134

Across: 1 Quail; 4 Steward; 8 Abreast; 9 Basis; 10 Rude; 11 Labour; 13 Ever; 14 Tend; 16 Two-faced; 17 Scan; 20 Raise; 21 Outlast; 22 Lengthy; 23 Poser.
Down: 1 Quadrilateral; 2 Acrid; 3 Leap; 4 Settee; 5 Embraced; 6 Abscond; 7 Discriminator; 12 Decadent; 13 Emotion; 15 Melody; 18 Class; 19 Stop.

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The Algarve Way Works

The Algarve Way, a long-distance footpath across the Algarve, has been walked independently for the first time. Developed and recorded by ex-pats Terry Ames and David Littlewood from Salir, the 260km walk from Alcoutim to Cape St. Vincent was just waiting for the first people to use it without personal guidance.

Daniel and Caroline Pearl, from Hampshire, UK, became the first successful Algarve Way walkers using the new route when they reached the Cape last Wednesday evening.

They used the materials on the website www.algarveway.com, together with advice from Terry and David, to help them navigate the route.

Despite losing their way once or twice, and ending their day in the dark more than once, they made the crossing in eleven days.

"These two young people have recorded a considerable achievement. We are proud of them, and grateful for all the feedback they have been giving us, which will help us to improve the

walk for the future", said David.

Interest in this 'unofficial' long-distance pathway is growing. In April and May, members of the St Patrick's Society will be walking the whole route in weekly stages, and in October, it is hoped that the route will be run by two experienced marathon competitors over a period of about six days.

This is in addition to the charity ride in May being organised by Rod Frew and Jinny Harman, which uses a broadly similar route.

Anyone wishing to have information about the walk should see the website, or contact David on davidanddina@btopenworld.com

NETWORK GOES LARGE – BUSINESS INTERFACES WITH GOVERNMENT AND RESEARCH EXPERTS

The Women's Professional Network invites you to participate in an innovative event with keynote speakers Dr Antonio Pina, Civil Governor, and Jay Conboy, senior academic researcher (GAIM), who will deliver invaluable insights for anyone with business in the Algarve. The event will be held at the sumptuous Hotel Montechoro, Albufeira, where fine wine and food will accompany this engaging network opportunity.

Wednesday, 18th April 2007 at 12 noon, Hotel Montechoro, Albufeira



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Barroso takes a swipe at political correctness



European Commission chief Durão Barroso last week gave vent to his feelings regarding political correctness saying there was no room for such "brainwashing" methods in the European Union.

In an interview with The Daily Telegraph, Mr. Barroso told the British daily that Europe's citizens must be on their guard against political correctness and moralising politicians.

He explained that he was concerned that freedom could be the loser in European culture wars over climate change, cheap air travel, Islam and free speech.

"We should be aware of people who, sometimes for good reasons, try to establish what I call private moral codes, for this or that, be it climate change, religious behaviour or any kind of social behaviour," he said.

Mr. Barroso, a former Maoist student who fought against the Portuguese dictatorship in the early 1970s, said he still regards himself as a freedom fighter in defence of a private individual's opinion, even when the calls for bans or restrictions are for a worthy cause, such as global warming or respect for Muslim communities.

"I was 18 years old when a democratic revolution came to my country. Before we could not read the books or listen to the music we wanted. I am radical on

these matters. If there is an excess of freedom, it is better to have excess than less," he said, referring to a Europe's deep divisions over controversies surrounding Islam.

"We have to show respect for all communities but the fundamental right of freedom of expression is for me more important than other collective rights," he added.

The former Portuguese prime minister pointed out that his own personal experience of authoritarianism has made him wary of both those who are seeking to ban the wearing of the Islamic veil and Muslims who require girls to cover up.

"The veil should not be banned just as girls should not be forced to wear it. People should be able to choose what clothes they wear—as long as they don't go naked of course," he told his interviewer.

Mr. Barroso insisted that the rights of the individual, within the law, over moral strictures from either secular or religious communities, are sacred. "In the Europe, I want, the right to choose has primacy," he concluded.



PHOTO ABOVE: The President of the EU Commission José Manuel Barroso makes a speech on the occasion of the signing of the Berlin Declaration in Berlin, Sunday 25 March. The Berlin Declaration outlines the new course of the EU until 2009. EU heads of states and governments were meeting for an informal summit in Berlin on the occasion of the 50th anniversary of the Treaty of Rome. (Photo: EPA/Rainer Jensen)

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Portugal finally becomes 'self-sufficient' in blood

Portugal has become self-sufficient in terms of blood donations, having an equally-proportioned ratio of donors to receivers.

Gabriel Olim, president of the Portuguese Blood Institute (IPS), revealed this week that almost 1,000 donations take place every day, meaning that the country no longer sees patients die or postpone operations through lack of blood resources.

However, he also stressed that the supplies must be maintained, as the need for blood transfusions continues to rise.

In order to achieve this status, the IPS has established a minimum reserve for a normal week's consumption, acknowledging "good work", the result of awareness-raising campaigns, and a "highly motivated population", including more young people and women, as the responsible factors for the current state of self-sufficiency.

According to the IPS president, the Portuguese blood supply is one of the safest in the world and of "unsurpassable" quality.

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PROPERTY

An 8 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 31 Mar 2007

PROPERTY OF THE WEEK

A *Quinta*-ssential Portuguese lifestyle

Once again, leading Algarve Company Land & Houses – Yellow Homes is showcasing another fine example of quality real estate. This week's 'Property of the Week' is an exemplary model of a traditional Portuguese *quinta*, renovated to very high standards and made unique with a rustic-chic feel and a hint of Arabia...

The property is located just outside the beautiful village of Santa Catarina, where sunny, peaceful countryside prevails and the hustle and bustle of daily life fades into a distant concern.



Polished brick floors and high wooden ceilings make this property unique.

Measuring just under a hectare, the area around the expansive cottage is landscaped into pretty gardens, with natural stone and brick patios and saltwater swimming pool, before gradually edging off into natural rural land, which retains indigenous flora like carob and olive trees.

The main door opens straight into an open-plan traditional-style kitchen and large living/dining area.

Immediately striking are the high wooden A-frame ceilings, polished brick floors and the feeling of space. Light floods in through the many windows and patio doors that front the room. To the right is a staircase that climbs to a large, open mezzanine. Halfway up the mezzanine staircase, on a mid-level, is the first of four bedrooms; a very



An exemplary model of a traditional Portuguese *quinta*, renovated to very high standards and made unique with a rustic-chic feel and a hint of Arabia...

large room with a private terrace overlooking the garden and pool, a big en-suite bathroom, and in-built wardrobe space.

The mezzanine itself is a spacious area that is ideal as an extra living room, a home office, or a games room.

A wood-burning stove takes pride of place in the downstairs living/dining room, which is separated from the kitchen by a large, Arabian-inspired arch, a design feature found throughout the interior of the property, along with other features like rustic reclaimed doors.

The living room patio doors open onto a spacious covered terrace, complete with pergola roofing, a Moroccan-influenced water feature and an in-built barbecue.

Left from the living room is a long corridor that opens into a bright storage area, ideal as an artist's studio or to use a piano. From here doors open into the remaining three bedrooms. Two bedrooms share a separate bathroom, whilst the third bedroom has its own en-suite bathroom and a dressing area.

The property benefits from a water softener, own borehole and cistern, plenty of room for parking, carport, and good road access to all of nearby Santa Catarina's amenities. It is priced

at €799,000.

For more information, contact Land and Houses on: (+351) 281 320 280, fax: 281 321 901,

e-mail: info@landandhouses.algarve.com, or see website: www.landandhouses.algarve.com.

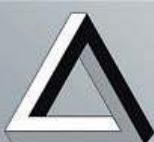


Arabian-inspired arches and rustic reclaimed timbers can be found throughout.



The expansive cottage is landscaped into pretty gardens, with natural stone and brick patios and a saltwater swimming pool.




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 • Fully furnished

Ref: A863
 Price: € 675.000

São Brás de Alportel
 • Traditional style villa
 • 3 bedrooms, 2 bathrooms
 • Separate annex
 • Space for pool
 • Lovely country views
 • Fully furnished

Ref: A870
 Price: € 350.000

Tavira
 • Super top floor T3 aptm.
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Ref: A866
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Ref: V862
 Price: € 430.000

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Tavira
 Well presented traditional Portuguese Townhouse in centre of Tavira w/ roof terrace, 2 double bedrooms, 2 bathrooms, living room w/ fireplace. St^o Catarina floor tiles, natural stone window & door sills. Approx. 147 m² covered area.
 Ref: LHT-805 Price: € 390.000

Tavira
 Portuguese townhouse on v. good location in Tavira centre w/ garden, plunge pool, 3 double bedrooms, dining area, large (49m²) living room, office room, 2 bathrooms, cloakroom, good size fully equipped kitchen. Unique opportunity! Approx. 210m² constr., 196m² plot.
 Ref: LHT-814 Price: € 440.000

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Albufeira
 Renovated manor house, built in 18th century. Many traditional Portuguese features, high quality finishing. 5 bedrooms, 4 bathrooms (1 w/ sauna). Sw.pool & irrigated landscaped gardens. Central heating & airco. Approx. 400m² construction, 13.200 m² plot.
 Ref: LHV-6237 Price: € 990.000

Loulé
 Large country style villa w/ heated swimming pool(13.5 m²). 5 bedrooms, 6 bathrooms. Located in quiet area w/beautiful views. Very good condition. Garage, air con., 2 wood burner stoves. Approx. 470m² constr., 8000 m² plot.
 Ref:LHV-806 Price: € 1.150.000

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Tavira
 Wonderful 4+2 bedroom townhouse under construction with garage, garden, roof terrace with BBQ...Great opportunity !! Sea views!!
 Price: € 312.000,00
 Ref.: MG-VIV-0073
 Call: 917 787 582

Fuzeta
 3+1 bedroom villa set in quiet location, in Fuzeta. With garage and swimming pool, walking distance to the sea !! Excellent price !!!
 Price: € 350.000,00
 Ref.: MG-VIV-0028
 Call: 917 787 582



Olhão
 Excellent price!! New 4 bedroom linked house with excellent finishing, central location, garage, front and back yard with BBQ, terraces...

Price: € 240.000,00
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Olhão
 3 bedroom townhouse with private carport, front and backyard, BBQ and terrace. Great location !! Excellent price !!!

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Olhão
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Vilamoura
 3 Bedroom / 2 Bathroom detached villa located near "Browns" health club and Old Course Golf club.
 Price: € 750.000 / £ 517.000

Vilamoura
 Beautiful 3 Bedroom / 2 Bathroom detached villa with magnificent golf views. The villa has a private swimming pool in landscaped gardens and situated in a peaceful location within walking distance of the "Old Village" and its amenities.
 Price: € 690.000 / £ 475.000



Vilamoura
 4/5 Bedroom detached villa with landscaped gardens, private BBQ courtyard, sun terrace and swimming pool. Located in a quiet residential area, this villa offers the perfect holiday home or permanent residence.
 Price: € 695.000 / £ 479.000

Vilamoura
 3/4 bedroom villas located next to "Old Course". The villas are luxurious and offer highest quality finishing's and fixtures. Large garage & basement area suitable for further 4th bedroom or games room. The property also has a large communal swimming pool.
 Price: € 590.000 / £ 406.000

Vilamoura
 Beautiful Ground Floor 2 Bedroom / 2 Bathroom "Fully Furnished" apartment with frontline golf views. Wood-Burning Fireplace, Radiator Heating and Air-conditioning. This apartment is perfect for holiday rental income or holiday home.
 Price: € 295.000 / £ 203.000

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VILAMOURA
 Ref. A061531
 2 bedroom apartment. Pent-house. 130 sq.m. Complex w/ large green areas & infinity pool. Prime location. Furnished & equipped. Large balcony w/ BBQ and fabulous sea and golf views. Private parking. Storage. Excellent investment.

Price: € 430.000

VILAMOURA - OLD COURSE
 Ref. V051482
 Investment opportunity! Five bedroom villa. 1.250 sq.m. plot with 250 sq.m. of constructed area. 4 Suites. Fitted kitchen. A/C. Central heating sys. Landscaped garden with heated pool and BBQ. Double garage. Panoramic views.

Price: € 695.000

VILAMOURA - LOULÉ
 Ref. V71747
 5 bedroom detached villa. Outside Vilamoura. 3.250 sqm. plot w/300 sqm. constructed area. 4 Suites. Fitted kitchen. A/C. Central heating sys. Landscaped garden w/ pool & BBQ. South facing w/panoramic views. Bore hole.

Price: € 850.000

VILAMOURA - MARINA
 Ref. MB71769
 2 bedroom townhouse. 135 sq.m. Complex w/ large green areas & 3 pools. Within walking distance to the Marina, the beach and the beach. Furnished and equipped. A/C. Marble floors. Near all amenities. Excellent letting potential.

Price: € 265.000



AMI 989

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8700-011 Fuzeta****Tel: 289 791 485/6****Fax: 289 791 488****Mobile: 917 324 547****917 506 365****Web Site:
www.bonaulda.com****Calicos (Olhão)**

Beautiful 4 bedroom villa w/ 273m² building area, surrounded by 8.000m² land; half of the land has lovely Mediterranean garden & green areas, the rest ground is left w/ typical nature. Good size pool w/ large terraces & beautiful country & seaside views.

Ref 1627

Price: € 595.000

**Vale Formoso (Loulé)**

3 bedroom (en suite) villa w/ approx. 250m² in nice urbanisation close to Almancil. Nice view down to coastline. Recently renovated in good quality. Equipped kitchen w/ fireplace, large living room w/ fireplace. Air con. Main door from living room to pool area.

Ref: 1605

Price: € 550.000

**Urb. S. Francisco (Olhão)**

Villa built in 2003 w/ 165m² in calm urbanisation, offering pretty sight over region until salt mines & sea. Composed of basement + 2 floors. Quality finishings, pre-install. for central vacuum & air/con, central surround sound sys, electric blinds in all windows. Calm urbanisation.

Ref: 1604

Price: € 380.000

**Murteira de Baixo (Olhão)**

Villa built in 2006 w/ 265m² offering pretty sight over region until salt mines & sea. Composed of basement + 2 floors. Quality finishings, pre-install. for central vacuum & air/con, central surround sound sys, electric blinds in all windows. Calm urbanisation.

Ref: 1602

Price: € 400.000

**Bias do Sul (Olhão)**

Country style villa built in 1992 w/ 270m² in land of 4.400 m² w/gardens & fruit trees. Sw. pool lies between main house & annex. Ample terraces in levels w/ sea view. Garage w/ 32m². Set in calm area, close to natural park of Ria Formosa.

Ref: 1599

Price: € 448.000

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Apartment situated in a beautiful complex with communal swimming pool and garden area, composed of 2 bedrooms, 2 bathrooms, lounge w/ fireplace, equipped kitchen and terrace. Parking space and storage in the basement. Constr. area - 76 sqm. Ref: A1120

Price: € 198.000

**Vilamoura**

Spacious 3 bedroom apartment composed of 2 bathrooms, lounge, kitchen, storage and terrace with sea and garden views. Parking space in the basement. Furnished and equipped. Construction area - 119 sqm.

Ref: A1098

Price: € 250.000

**Vilamoura**

Situated in a complex with swimming pool and garden area, apartment composed of 2 bedrooms, 2 bathrooms, dining room, lounge, equipped kitchen and 3 terraces. Parking space and storage in the basement. Furnished.

Ref: A988

Price: € 265.000

**Vilamoura**

Three bedroom villa comprising two bathrooms (one en suite), lounge w/ fireplace, dining room, kitchen, hallway and terraces. Double glazing windows. Furnished and equipped. Swimming pool and garden.

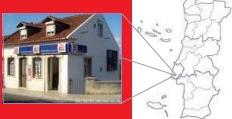
Ref: V12329

Price: € 500.000

**Benfarras**

Beautiful villa with sea view composed of 3 bedrooms, 3 bathrooms, lounge w/ fireplace, storages, equipped kitchen, laundry room and carport. Alarm, air conditioning and central heating. Plot area: 1400 sqm. Constr. area: 310 sqm. Ref: V12263

Price: € 795.000

**Tel: 219 236 540****Linkstore - mediação imobiliária, Ida.****AMI 5983 val. 29/04/07****Av. D. Francisco Almeida,****19 a 21 Sintra****Fax: +351 219 236 549****E-mail: sintra@era.pt****Praia das Maças**

3 bedroom apartment 2 minutes to the beach. 2 terraces, barbecue, living room with 30 sqm. Excellent rental potential.

PRICE: € 240.000 REF:STR1247

**Morelinho**

Traditional Portuguese house with 4 bedrooms and 2 living rooms. Lovely garden, 2 cars garage, located 5 min from Sintra.

PRICE: € 325.000 REF:STR1272

**Quinta da Beloura**

Charming 6 bedroom villa, located in a luxury condominium in Quinta da Beloura. Next to golf courses such as Estoril, Oitavos, Qta. Marinha, P. Longa & others.

PRICE: €700.000 REF:STR1154

**Faião**

Rustic house with 3 bed. And 4 living rooms. 10 minutes to Sintra and 10 to the beach. Backyard with barbecue. Terrace.

PRICE: €165.000 REF:STR0744

**São João das Lampas**

Beautiful villa inserted in 12.160 sqm of land. The house has 306 sqm and 1st quality materials. Chapel.

PRICE: €1.070.000 REF:STR1044

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www.goldentree.net****Dunas Douradas**

Villa in quiet cul-de-sac. Hall, 4 bedrooms (2 en suite), 2 baths, dining room, living room w/ wood burning stove, fitted kitchen, furnished, alarm sys, radiators, A/C, pool, BBQ, roof terrace, garden, condo. pool & tennis courts. Plot: 750m². Built area: 186.5m². Ref. DD6

Price: £525.000

**Dunas Douradas**

2 bedroom villa w/ study or single room, hall, south east facing terraces, 2 bathrooms, sitting and dining room w/ fireplace, fully fitted and equipped kitchen. Furnished, electric wall heaters and garden with automatic irrigation. Place for a plunge pool. Ref. DD9

Price: €475.000

**Vale do Lobo**

Renovated townhouse in Vale do Lobo, near the golf club, restaurants and within walking distance to the beach. Consists of 3 bedrooms + 1, 4 bathrooms, living & dining room, partly furnished, fitted kitchen, air conditioning and roof terrace. Ref. VDL16

Price: €550.000

**Vale do Lobo**

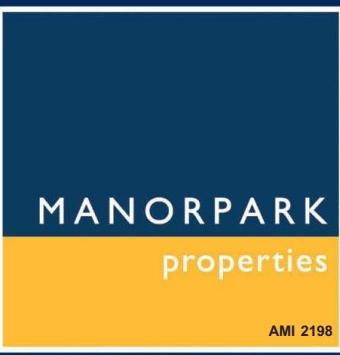
Completely refurbished townhouse in Vale do Lobo, near restaurants and within walking distance to the beach. Consists of 2 bedrooms, 2 bathrooms. Open plan sitting room kitchen, furnished and w/ air conditioning. Ref. VDL70

Price: €440.000

**Fonte Santa**

4 bedroom semi detached villa composed of 4 bathrooms, living/dining room w/ fireplace, equipped kitchen, storage/launder, gas storage, BBQ, extensive terraces, garden with automatic irrigator, garage & swimming pool. Ref. Fonte St^a

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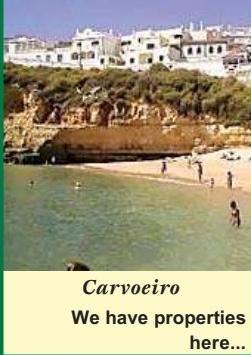
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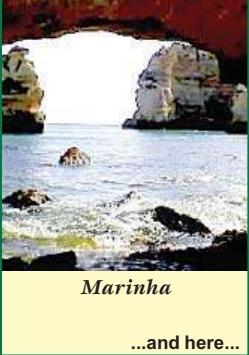
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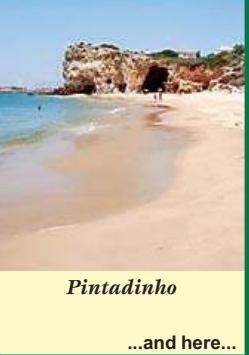
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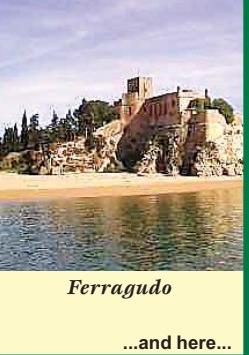
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Ref: EA 002 Price: € 330,000
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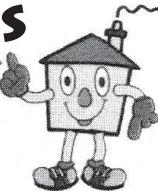
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WE SPEAK ENGLISH

Portugal ready to launch military action in Congo to protect citizens



Portugal has a "joint military force" prepared to evacuate its nationals from violence-wracked Democratic Republic of Congo if necessary, the Foreign Ministry said.

The ministry said the government was following developments in Kinshasa, where fighting broke out Thursday between loyalist and dissident forces, with "the greatest attention" and that a military force was "ready to carry out an evacuation".

It said Lisbon's embassy in the Congolese capital was in "permanent contact" with the resident 1,000-strong Portuguese community and that the government had activated "mechanisms for consultation and information" with European Union partners and with "several" African countries in the region.

The Portuguese "joint military force" had "operational conditions to begin a (evacuation) mission at any moment", the Foreign Ministry said.

António Braga, the state secretary for expatriate communities, told Lusa in Madrid that all

960 Portuguese in the DR Congo, about 450 of them in Kinshasa, the capital, were "well".

"They are in permanent contact with the embassy and await the evolution of the situation", said Braga, who was in Madrid on a working visit.

If an evacuation becomes necessary, Braga said such an operation would be carried out in "coordination and partnership with European partners".

Kinshasa became the scene of heavy fighting Thursday between Congolese government troops and forces loyal to opposition leader Jean-Pierre Bemba, who lost the presidential runoff vote last year to President Joseph Kabila.

The Kinshasa government has ordered the arrest of Bemba, who took sanctuary in the South African embassy, for "high treason". TPN/Lusa



President Joseph Kabila (R) from the Democratic Republic of the Congo is met by Tanzanian officials upon arrival at Julius Nyerere International Airport in Dar es Salaam on Wednesday. Kabila was in Tanzania for an extra-ordinary summit of the Southern African Development Community (SADC) amid political and security concerns in Zimbabwe. (Photo: EPA/Emmanuel Herman)

FM holds talks with Arab League, Moscow

Portuguese Foreign Minister Luís Amado was in Saudi Arabia this week where he participated in an Arab League summit centred on efforts to re-launch the Middle East peace process and the crises in Iraq and Lebanon, the Foreign Ministry said.

The ministry said Luís Amado was invited to attend the 19th summit of the 22 Arab states in Riyadh in the framework of Portugal's upcoming role as president of the European Union.

Amado was also scheduled to hold bilateral talks with several Arab counterparts, the Necessidades Palace said.

On departing the Saudi capital, the Portuguese foreign minister

flew to Moscow for talks with Russian diplomatic leaders on Thursday.

A diplomatic source in Moscow told Lusa that Amado's agenda in the Russian capital would focus on "two big blocks of issues": Lisbon's preparations for its EU presidency beginning July 1 and "the great international questions".

TPN/Lusa

Lisbon looks to end Dutch exploitation of workers

Portuguese State Secretary for Communities Antonio Braga was on a two-day visit to the Netherlands this week with the issue of exploitation of workers from Portugal at the top of his agenda in talks with expatriates and Dutch officials, the Lusa News Agency reported.

State Secretary Braga, who recently visited Spain to discuss alleged abuse of Portuguese workers' rights in the neighbouring Iberian state, is making his second trip to Holland to investigate exploitation of workers

from Portugal.

The main complaints of Portuguese nationals working in the Netherlands have concerned low wages, poor working conditions and sub-standard accommodation provided by employers.

Top scientists meet in Madeira



Last Monday, top scientists from around the world met for a two-day conference in Funchal, Madeira, to review the latest developments in electronic communications technology – a field that is playing an increasingly important role in commerce and industry.

A spokesman for the organisers of the event said the Interoperability for Enterprise Software and Applications conference had brought together the world's leading researchers and practitioners in "e-Business and vision research".

He told journalists that the forum had enabled a "fruitful exchange of the participants' experiences".

"The annual conference is a unique forum for the exchange of visions, ideas, research results and industrial experiences, dealing with a wealth of interoperability research subjects for businesses, enterprise applications and software," the spokesman added.

Keynote speakers at the event included Dr. Cristina Martinez, head of IT Research for the European Commission, Dr. Howard Mason, Director of BAE's Electronic Business Standards department and Dr.

Reinhard Buscher, head of the European Union's Unit for Industrial Aspects of Electronic Commerce.

The conference heard how it is now possible to fly aircraft – regardless of size, weight or passenger capacity – to any destination in the world without the need of an on-board pilot or flight crew. All achieved by the latest electronic air surveillance satellite control system which enables ground control to take over the take-off and landing procedures of aircraft as well as changing flight paths and altitude levels.

Delegates were also treated to an "exhibits programme" where they were invited to try their hand at operating the latest techniques in electronic communications.

A high-quality pre-conference programme consisting of workshops, tutorials and a doctoral symposium helped delegates warm up for the two-day conference.

Salazar, from p.1.

Vaz de Camões, respectively.

The programme 'Greatest Portuguese' is based on the BBC brainchild and has been staged in a number of countries across the world, with Portugal undoubtedly providing the biggest surprise to date.

France elected Charles de Gaulle, Americans voted for Ronald Reagan and Britain chose Winston Churchill.

Each of the ten finalists in Portugal were represented by prominent figures who would fight their contestant's cause in the run-in to the election that was held this past weekend.

University Professor Jaime Nogueira Pinto who took Salazar under his wing, played down any moves to scrutinise the election as being indicative of discontent brewing.

"This is essentially a competition. We cannot say this has been a political catastrophe", but he stressed the accepted to 'sponsor' Salazar as "there is a part of 20th century history that has been told incorrectly".

Diplomat and anti-CIA rendition flight campaigner Ana Gomes, who represented Vasco da Gama (who ended tenth in voting), said: "I think the results portray a terrible image of Portugal and Portuguese, which do not correspond with the reality of the country, though I am not challenging the results of voting".

The most critical voice was that of Odete Santos, who led Álvaro Cunhal to second place.

She argued, "Sympathising with fascism is prohibited by the constitution", adding that the manner in which Salazar has been

portrayed has resulted in the "division of fascism."

On a political front, the Left Bloc and Communist Party have lashed out at RTP, the divided ruling Socialists and the centre-right, saying the competition is merely a television show.

The station has also been criticised for the manner in which it presented the show, with constant references being made to the precedents set in Germany, Spain and Italy.

In Germany, Adolf Hitler was excluded, while Spain and Italy declined to air the show, believing it could cause "national embarrassment".

Shortly after Salazar was elected Portugal's greatest, residents from his hometown, Santa Comba Dão heard that the government had refused their request to turn the house in which Salazar was born into a museum, saying such a venture would not be viable.

In a related story, the far-right seems to be looking to cash in on the growing sympathy emerging for the former dictator and some of his policies.

A billboard, located in the heart of the capital (at the Marquês de Pombal traffic circle) has been erected by the National Renewal Party (PNR) calling for immigrants to be repatriated.

The billboard headlines, "Stop Immigration", and is followed by "Nationalism is the Solution".

An image of a plane taking off is captioned, "Have a pleasant journey" in reference to immigrants heading back home.

The "advertisement" concludes by demanding: "Portugal to the Portuguese".

National companies get major boost to invest in Lusophone states



The Portuguese government and four major national banks have joined ranks to back Portuguese businesses in emerging economies, especially in Lusophone African countries, an official said Friday.

A Finance Ministry official told Lusa the government and the four banks had set up a Financial Partnership for Development (SOFID), with initial capital of 15 million euros.

The state will be the major shareholder of SOFID, with a 59.9% share, in an initiative developed in the framework of the EU's Cotonou Convention with developing countries.

The official said that the SOFID project, which initially will target Portuguese companies doing business in Africa's five Portuguese-speaking countries, was sent Thursday to the National Bank for final authorization.

The partner banks - the Portuguese Bank of Investments (BPI), Espírito Santo (BES), Caixa Geral de Depósitos, and

Millenium BCP - will each hold 10% of the SOFID's capital.

The remaining 0.1% will be held by the ELO Business Association, which represents Portugal in the Business Council of the eight-nation Community of Portuguese Language Countries (CPLP).

SOFID will grant credit, guarantees and risk capital, the official said. TPN/Lusa

TAP to offer daily Luanda flights

TAP/Air Portugal will offer daily flights between Lisbon and the Angolan capital, Luanda, beginning in July, the national flag-carrier announced.

TAP currently has five weekly Lisbon-Luanda flights.

The company said the increase was a response to growing demand on the Angolan route.

The sixth weekly flight will

begin April 28 and the seventh on July 3, TAP said.

The route, it added, will be served by Airbus A340 jetliners with a capacity for 268 passengers. TPN/Lusa

IRS 2006: Procedures nº 4 - Filing Exemptions

by Dennis
Swing Greene

In this series of articles, we examine required procedures when declaring Individual Income Tax "IRS" in Portugal:

- 1) Fiscal Residency
- 2) Submitting your "IRS" Declaration
- 3) Non-Residents
- 4) Exemptions from Filing
- 5) Marital Status

Before 1989, a conscientious Foreign Resident, wanting to declare income from abroad, would have been turned away at the local Finanças office. The reason was quite simple: under the former tax code called "Complementary Tax", only individual income derived in Portugal was taxable; therefore, most income from abroad was exempt. Sadly, those days are long gone and all but a meager few are expected to declare their worldwide income as Fiscal Residents of Portugal.

Questions and Answers:
Who is exempted from submitting a Portuguese income tax return?

All those earning income in 2006 are required to submit a tax declaration with the following exceptions:

a) those who only have earnings subject to final withholding tax (except dividends) and accept the tax paid as final.
b) those receiving only pensions falling below the annual pension allowance - National Minimum Wage - €7,500 per individual in 2006.

The only income that I received in 2006 was from bank interest, taxed at source (20%). Do I have to declare this income?

If the interest and respective withholding were in Portugal, no declaration is required. Nevertheless, if your tax rate falls below 20%, you may achieve a small savings in reporting and submitting a return. In other word, you may be entitled to a refund!

If the interest that you received came from outside of Portugal and you are resident for tax

purposes, this income should be reported regardless of the withholding.

Beware: The EU Savings Directive came into force in July 2005 and has substantially changed reporting procedures. Make sure you declare correctly under the new law!

My Old Age Pension falls below the Portuguese minimum wage. But I also had a small amount of income from investments abroad. Do I still have to submit a tax return?

Yes. The true purpose of this reporting waiver is to exempt the large number of small Portuguese pensioners who would only clog up the system without bringing in any appreciable income to the State's coffers. All others must file. In addition to the standard Modelo 3, any investment income from abroad must be reported on Annex J (Income from Abroad).

Even though I'm resident here, my pension is paid into the bank back home. Do I still have to declare?

Yes. Where your income is paid is irrelevant: neither where you receive it, nor if you spend it, nor the currency in which it is paid. What matters is that it is available to you. That's what makes it

taxable.
My bank interest is paid in GB Sterling. How do I report income in another currency?

All income and expenses must be reported in Euros, regardless of the original currency of the transaction.

As a non-resident, I receive rental income in Portugal. Do I declare here or in my home country?

Both. Your first obligation is to Portugal since the property, and therefore the activity, is located here. In accordance with the Double Taxation Treaty, you will subsequently receive foreign tax credit at home before applying local rules.

Next: *Marital Status - How should you report?*

Dennis Swing Greene is an International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at our offices in Guia (Albufeira) and Lisbon (Chiado) or by phone or video conference. In the Algarve, call 289 561333. In Lisbon, call 21 342 4210. Mobile 96 910 2813, by e-mail: info@eurofinesco.com, or www.eurofinesco.com



The European Commissioner for Energy, Andris Piebalgs (front) with Economy Minister Manuel Pinho last week at the Central de Biomassa da Celtejo inauguration in Vila Velha de Rodão. (Photo: Lusa / António José)

Concerns raised over EU gas cartels

The EU's energy commissioner, Andris Piebalgs, in a visit to Lisbon has warned against the creation of a natural gas cartel, saying the gas market would "only develop with competition".

"I appeal that there be no advance towards this (cartel) solution because for the gas market to function it must be liberalised, without price conditioning", Piebalgs told journalists after a speech to a Lisbon conference on renewable energy.

He noted that, despite recent

Russian and Algerian statements to the contrary, the possibility of a gas cartel arising should not be excluded, a scenario that deeply worries Western Europe and the United States.

Russian media reported Monday that five leading gas producers, including Russia, would set

up a gas OPEC" on April 9 in Doha, United Arab Emirates.

Earlier, Piebalgs told the Diário Económico Conference on Renewable Energy that EU countries that still applied regulatory energy tariffs, like Portugal, should "abandon them as quickly as possible". TPN/Lusa

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Peter Wainwright Trophy on a Spring day

On Friday 16th March, Tagus Golf Society played The Peter Wainwright Trophy - Mens Pairs Competition (best combined stableford score) and the Doreen Wainwright Trophy - Ladies Individual competition (best stableford).

It was a glorious Spring day and the playing conditions were perfect. Auke Bos and Francisco Leite Monteiro took third place with 58 stableford points, Uwe Wilck and Denys Stormont came in second with 59 stableford points, but first place was won by Max Zimmerli and Derek McIvor with a convincing 65 points. Indeed, Max retained the title from last year when he paired up with Ron Goddard – is there a third partner out there who could help him win three times in a row?

In the ladies competition Diane

Reksten came third with 31 stableford points, Karin Dekker took second place with 33 points, but Sally Buxton came in with 39 points, thereby retaining the trophy for a second year.

Anita Beselin and Adolf Krombholz were both awarded the Captain's prize for the best scores on the four holes rated most difficult on the course and not having appeared in the prizes. The Longest Drive for men was won by Denys Stormont, and by Anita Beselin for the ladies, whilst Hilário Sanches skillfully

placed the ball Nearest the Pin on the 2nd hole.

If the excellent weather and good golf wasn't enough we went on to enjoy a wonderful lunch on the terrace at our very own Estoril Golf Club. Our thanks go to Sr. Pedro whose cuisine was, as always, excellent; the food, wine, company and spectacular views towards the bay of Cascais meant we were well and truly spoilt.

Our next event – the Cottam Plate and Kittila Trophy – will be played at Estoril on Friday 20th April.



(ltr) Bill Buxton (Captain), Derek McIvor and Max Zimmerli - winners of the Peter Wainwright Trophy.

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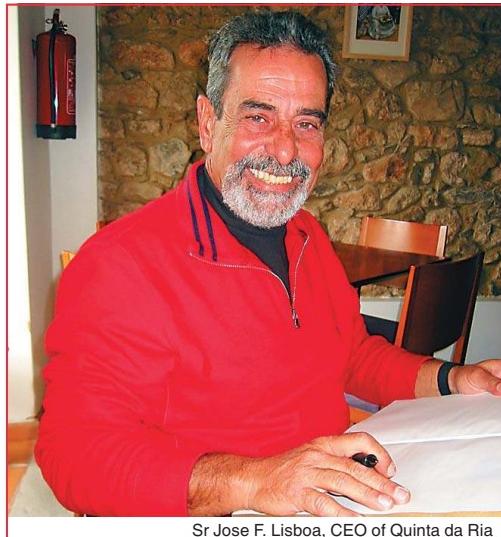
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Quinta da Ria tees off EAST Benefit Tournament

Not only is the Quinta da Ria one of Europe's premier golf resorts, as CEO Jose F. Lisboa explained to fascinated EAST students in a morning assembly, it is also a committed partner in the community of Tavira, ensuring that its courses are built and run in an environmentally friendly way and extending support to community initiatives like EAST itself.



Sr Jose F. Lisboa, CEO of Quinta da Ria

Lisboa enough'.

The tournament is open to all golfers and will be of the 4 ball better ball Stableford form. It will run from tee 1 and tee 10 with starting times from 12.00 to 12.50. Maximum handicaps for men and women are 36, the green fee is €50

per player and there will be prizes for the winner, post game drinks and a raffle.

To make reservations please call 00351 281 950 585, email golfclubedolevante@hotmail.com or visit their website at www.levantegolfclub.com.

Golf against cancer

Following the success of the first Association of Oncology Algarve charity event, which took place at Quinta do Lago in December, raising €800, BGLC and Tony Bennett are happy to report that Antonio Almeida Pires and Ana Paula Galhardo, on behalf of Benamor Golf Club in Tavira, have kindly donated the golf courses on the 20th May, for another event.

Readers who would like to get involved in this event or support an event in this series, please contact Tony Bennett on (+351) 93 2524253 or e-mail scoringzone@gmail.com.

All proceeds raised from this series of events will go directly to the charity.



US golfer Tiger Woods holds the winners' trophy, after winning the World Golf Championships-CA with a score of ten under par at the Doral Golf and Spa Country Club, Miami Florida, Sunday 25 March. (PHOTO: LUSA/EPA/Gary I Rothstein)

parenting

Cecelia loves drawing



Cecelia is a sweet little girl, her Sotho name is Tebello. She is 6 years old, tiny, and attends the local Primary School. She loves to draw pictures and to watch the Friday night video.

The favourite movies are Shrek 2 and Spirit. Fifty-five children of all ages huddle around my small TV screen and happily munch popcorn! If our numbers continue to increase, we shall need a larger screen!

Cecelia came to stay at our Children's Centre in August last year. Her Mom MeMatbello died and in the very same week her Aunt MeMathabiso also died. Both were TB related deaths which probably means an HIV infection, because TB is treatable. Most orphans in Lesotho live with extended families, often with their elderly grandparents. These girls have no grandparents. Cecelia and her sister Emily should have gone to live with their Aunt, but this was not possible, as she had died.

One Uncle remains - Uncle Lucky, his wife and their small baby. He is a local shepherd, so there is no regular source of income. An adult shepherd is paid in animals at the end of each year. A good season with a large flock to tend, should bring the shepherd between 3 and 10 young sheep or goats. It is a hard job with a very basic lifestyle: there are no extras. They could not hope to feed, school, and clothe these two, plus their young cousins.

They arrived at our door with their two little cousins, Amelia and Agnes. Agnes is the oldest

at 12. All were underweight in threadbare clothes. They rarely smiled. They had little to smile about. Today they laugh and play and are a delight to us all. You should see them climb and swing on our jungle-gym. For the first time, they are able to enjoy a childhood.

We do not shave their heads, although the schools are doing it this year. They say it looks cleaner, but maybe it is to keep down head lice. We are now using Protex soap for all the children, which is very effective and has put an end to all our scabies and lice problems. Thank God!

Soon winter will be here, our coldest month is June. We live at almost 3,000 metres, and the temperature in the high mountains here in Semonkong will often drop below minus 10 degrees centigrade.

The lowest recorded temperature was minus 23 degrees, and that is seriously cold! Our children sleep in duvets and thick blankets. They also wear blankets as an overcoat, as do the entire mountain population. I was given a beautiful thick blanket by the local villagers and told that I wasn't properly dressed without one!

We need many blankets. We cannot have too many as we pass them on to the poorest local village children.

Jill Kinsey

Compassion for Lesotho's AIDS orphans

Jill Kinsey is a missionary with a heart for the destitute, especially children.

In February 2006, under the authority of the Lesotho Methodist Church, Jill officially opened a Children's Centre in Semonkong, to alleviate the suffering of the 2,000 AIDS orphans in the area. Initially 21 of the most desperate orphans, between the ages of 6 and 14 years of age, were given a place to live.

Today that number has grown to 41 children. The youngest being two-year old Margaret. Semonkong consists of 84 rural villages in Lesotho, Southern Africa.

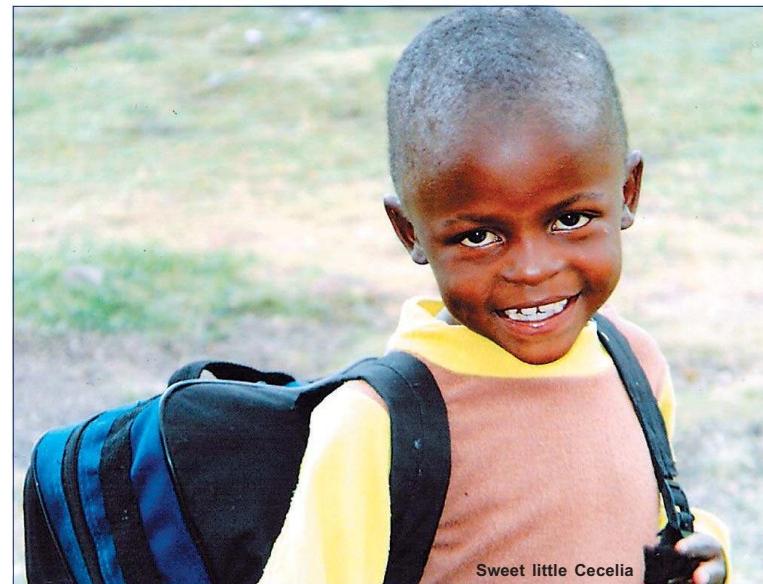
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Sweet little Cecelia

Three ways to

...make a child with chickenpox more comfortable

1. Cut fingernails so he can't scratch the spots as much.

2. Try oatmeal baths, using oatmeal-based products like Aveeno, which can help soothe itching.

3. Put cool flannels over the spots.

Symptoms of Chickenpox

A red, itchy rash on the skin that usually appears first on the abdomen or back and face, and then spreads to almost everywhere else on the body, including the scalp, mouth, nose, ears, and genitals. It begins as multi-



Put calamine lotion on itchy areas, but don't use it on the face, especially near the eyes. (PHOTO: Press Association)

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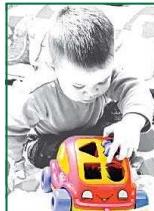
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ple small, red bumps that look like pimples or insect bites. They develop into thin-walled blisters filled with clear fluid, which becomes cloudy. The blister wall breaks, leaving open sores, which finally crust over to become dry, brown scabs.

Contagiousness

Chickenpox is contagious from about 2 days before the rash appears and lasts until all the blisters are crusted over. A child with chickenpox should be kept out of school until all blisters have dried, usually about 1 week. If unsure, ask your doctor.

Call the doctor if your child:

*has fever that lasts for more than 4 days or rises above 102° Fahrenheit (38.8° Celsius);

*has a severe cough or trouble breathing;

*has an area of rash that leaks pus (thick, discolored fluid) or becomes red, warm, swollen, or sore;

*has a severe headache;

*is unusually drowsy or has trouble waking up;

*has trouble looking at bright lights;

*has difficulty walking;

*seems confused;

*seems very ill or is vomiting;

*has a stiff neck.

Call your doctor if you think your child has chickenpox, if you have a question, or if you're concerned about a possible complication. The doctor can guide you in watching for complications and in choosing medication to relieve itching.

Taking your home life to the office

With British actress Kate Winslet and film director husband Sam Mendes planning to work together for the first time on a new film, we talk to the experts about the pros and cons of working with your partner.

Although they share everything from living space to household finances, most couples draw the line at sharing their offices, seeing working together as a surefire recipe for relationship meltdown.

Indeed, Oscar-winning actress Rachel Weisz's fiancé admits he was initially reluctant to involve her in his sci-fi movie, *The Fountain*, because he was afraid it may hurt their real life romance, according to Hong Kong magazine *Prestige*.

"I wasn't interested in casting Rachel because I have a relationship with her and you know it's a gamble," said director Darren Aronofsky.

"Either the relationship would be over or the relationship would be fine. Why risk something like that?"

However, both Weisz and Aronofsky say making the film was a "great experience", and now British actress Kate Winslet and her husband Sam Mendes are also planning to collaborate on a film for the very first time.

American Beauty director Mendes has just bought an option to make a movie about the life of 1920s circus tiger tamer Mabel Stark, casting his wife of six years in the starring role.

Nevertheless, whether a glamorous Hollywood couple or an average Mr and Mrs, husband-wife partnerships in the workplace are no guarantee of commercial, professional or even personal success, and even the strongest couples have to work hard to make the distinction between work and home life.

"You simply can't translate your romantic relationship into a working relationship and expect the same rules to apply because they don't," explains relationship expert Lynda Field, author of *Weekend Life Coach* (www.weekendlifecoach.com).

"Obviously you have to trust each other, but if you have both worked separately before then you tend to view that professional independence as your personal identity within the marriage, and it can be very hard to relinquish control of that."

The Cons

"When you first begin working together, any underlying insecurities, both professional and personal, are brought to the surface. They can stem from anything, like suddenly being told

what to do or being quizzed on aspects of your work that have never been called into question before," Field warns.

"In fact, working with a partner often brings out the inner critic in us, and initially we are likely to feel that we're losing control by sharing the reins with somebody else."

"This fear of abandoning control will obviously rock the boat and negatively affect the relationship unless clear and defined communication skills are in place right from the very beginning."

Standing your ground over work-related issues is very important in order to maintain boundaries within your relationship, but Field says it is vital to leave all work-related issues in the office at the end of the day.

"In a way it forces you to take a fresh look at your relationship because any old issues that are unresolved will come up pretty quickly, believe me!"

"For example, if one of you feels put upon domestically and then feels that they have been assigned an unfair share of tasks at work, there will almost definitely be fireworks."

"It is essential to create a clear and tightly defined workplace relationship with your partner, and never take how you manage the household or your relationship into the office environment with you, or vice versa," she advises.

"For example, don't talk about a new business strategy while you are having dinner, and never, ever discuss any work issues in bed!"

The Pros

The great thing about working with a partner who you trust and love is that you know you will be supported and are free to express personal feelings about business decisions to a certain extent, according to Field.

"Having what should be your biggest fan working with you means you will have home-grown support at your fingertips almost immediately," she says.

"Plus, there is no workplace bullying here as you have the safety and comfort of knowing exactly who you are working with."

"You also have the advantage of working flexi-hours, and even childcare issues can be worked out if you both work together from home."

The fact that both parties have a common goal in mind - the over-

all success of the company and the partnership - means that working together can even give your business the competitive edge, Field says.

"Remember, this is a joint venture and so what's good for you is essentially good for you both, financially, emotionally and otherwise."

"As long as you have created the proper boundaries for working together it's a win-win situation, and if you are both happy in the environment that you have created then your relationship will flourish, as will your business," she adds.

Six Top Tips For Working In Harmony

To ensure that personal and business relationships are as harmonious as possible when working together, it is vital to establish a good working relationship right from the start by involving your partner in both decision-making and problem solving.

- Acknowledge your partner's abilities and talents on a regular basis.

- Make sure you have your own areas of responsibility relating to your particular strengths.

- Avoid expressing criticism of your partner's mistakes and praise your partner's efforts.

- Respect the role that your partner has in the business and the work that they do.

- Take time to celebrate your business successes together.

- Recognise that you and your partner will both, at times, need space.

[Source: *Working From Home*, by Peter Hington and Alastair Balfour, Dorling Kindersley Publishing]

Celebrity Partnerships

- Working together on Mr & Mrs Smith worked out nicely for



Partnerships in the workplace are no guarantee of commercial, professional or even personal success, and even the strongest couples have to work hard to make the distinction between work and home life. (Photo: Press Association)

Angelina Jolie and Brad Pitt, unlike Jennifer Aniston's unsuccessful rebound relationship with her *The Break-Up* co-star Vince Vaughn.

Courtney Cox met hubby David Arquette on the set of *Scream* 11 years ago. The loved-

up duo liked working together so much that they went on to make two sequels.

The story may have been about two gay men but the real romance was off-screen when Michelle Williams met Heath Ledger on the set of *Brokeback Mountain*. They are now married with a baby daughter.

Evangeline Lilly and Dominic Monaghan met on the beautiful and romantic Hawaiian set of *Lost* in 2004 and are still going strong.

Emma Pomfret

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Boost your border with summer bulbs



You may now be enjoying the last of the spring bulbs but already it's time to think about planting some summer-flowering bulbs for colour and scent later in the year.

For me, among the most glorious of summer-flowering bulbs are lilies, and in particular Lilium regale, the regal lily, which recently came top in a closely fought contest hosted by the Netherlands Flower Bulb Information Centre to find the Summer Bulb of the Year 2007.

This beautiful and highly

scented lily has stunning, flared-trumpet flowers that burst open to reveal pretty white petals with a yellow centre and dark pink stripes on the outside, growing on the top of long stems.

It's a versatile bloom, working well in both classic and contemporary gardens, although I think it looks best grown in clumps

among shrubs or perennials or in pots on the patio. It prefers well-drained, fertile soil with lots of added organic matter in a dappled sunny spot, but with its roots shaded.

Using summer-flowering bulbs is a good way of adding interest and variety to a border without using up extra space. Shrubs and hedges make a good backdrop to show off a summer display. Plant bulbs such as allium to emerge through the foliage of spring-flowering herbaceous plants or emerging through wild grasses to extend the flowering season.

Summer-flowering bulbs originate from sub-tropical regions such as South Africa and South America. They like warm temperatures and humid conditions, and usually are not winter hardy. In general summer bulbs fall into the category of tender bulbs, which do not perennialise in areas that experience frost in winter.

In mild areas, dahlia tubers can be planted outside in early spring, covered with about 10cm of soil. In colder northern regions, delay planting until later in April as many summer-flowering bulbs should be planted in controlled conditions such as a greenhouse, so that they're not exposed to the elements, although lilies are an exception. It may seem like hard work, but by taking extra care of these plants and keeping them under cover until the last frosts have passed, you should be rewarded by a spectacular summer display.

Hannah Stephenson

What's in Store

Now is the time to think of summer colour and you will find that the garden centres are now ablaze with plenty of plants to choose from. Buying plants that are in flower rather than growing them from seed gives you the opportunity to colour coordinate your garden.

» The genus **Impatiens** is also commonly known as Busy Lizzie or Balsam. It is a large family of plants that originated in warm temperate or tropical regions but perhaps some of the best for summer bedding are the New Guinea hybrids that are improved cultivars that will flower for many months from now until late in the autumn.

We have had some that also flowered spasmodically throughout the winter months. Flowers can range through the pinks to red, the pale peaches to orange plus lavender and white. They

grow best in a rich humus based soil mixture and need to be kept moist during the hot summer months. They have a spread of up to approximately 30cm with a height of 35cm. They do benefit from a monthly application of liquid fertiliser during the active growing and flowering period. These are usually grown as annuals as they do need protection if the temperature drops below 5°C.

» **Osteospermums** are also very rewarding. Many of you may remember that some of these were known as Dimorphotheca and in some nurseries may still be sold as such. The range of colour for these 'daisy like' flowers is from white through yellow and pinks to purple. Some more recent cultivars are whitish with purple centres and petals that are spoonshaped, thus giving them the name of 'Whirlygig'. These are taller growing plants than the Impatiens with a spread and height of 60cm or more. The flow-

ers are best trimmed off once they have died to encourage continuous flowering. These need a moderately fertile soil mixture and to be grown in full sun. They do need watering on a weekly basis during the hot summer months and to be given an application of liquid fertiliser on a monthly basis. If strong frosts are expected it is advisable to protect them.

» **Petunias** are very popular and come in a wide variety of pinks, reds, whites and purples with many bicououred flowers. These need very similar soil conditions to the Impatiens and need a sunny position but do suffer from windy situations. During the summer they do need watering on a regular basis with fertiliser given every two weeks during the active growing period. Flowering is prolonged by deadheading regularly. Usually used as annuals they do not tolerate frost.

Madge and John Measures

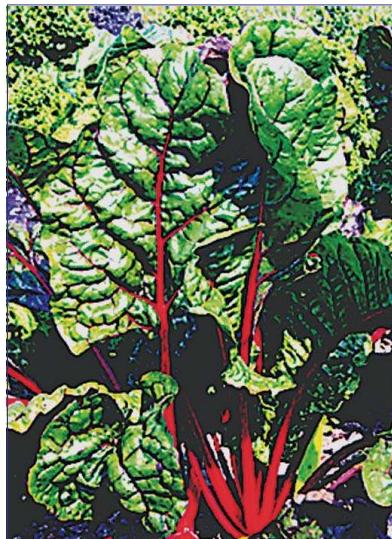
From plot to plate

Swiss Chard

Its vibrant stems in shades of yellow, red, orange, pink and white make it a fabulous addition to a salad or steamed as a hot vegetable and is a good alternative to spinach - and has a wow factor planted at the front of a flower bed. Good varieties include 'Bright Lights' and 'Rhubarb Chard'.

If you want winter leaves sow in late summer in an open site on a fertile, moist soil, sowing thinly into a wide drill. Hoe regularly to keep the area weed-free and water well during dry weather, although the plant will withstand some drought once it is well established. Cover with cloches in the colder regions of Portugal during the winter for the best leaves.

Swiss chard is best cut little and often. It will bolt in warm weather or if it's not regularly cut, but is pretty strong and can be chopped back to produce good leaves again. Large leaves should be harvested for cooking as you need them, but don't cut too close to the plant. The tough stalks should be cooked separately as they take longer to cook than the leaves, or chopped up and thrown in the steamer a few minutes before the leaves. Alternatively, chuck the chopped stalks into a stir-fry for colour and interest.



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Their comprehensive service includes professional wrapping and packaging of all effects.

A detailed paperwork procedure ensures each individual item is numbered and listed, so all effects are accounted for, minimising the risk of straying packages.

New Concept's brand-new storage facilities provide ample space for containerised storage, both long and short term, in the company's spacious, secure and fully alarmed warehouse.

A fully trained, highly experienced and multi-lingual team complete the second-to-none service, with their extensive contact network permitting the most time-efficient and resourceful service available.

An added bonus is the fact that New Concept International is a

member of the British/Portuguese Chamber of Commerce, as well as belonging to the UK's National Guild of Removers and Storers, offering added peace of mind.

New Concept was established by owner David Wright, who has lived in the Algarve for over 17 years. This has provided David with an in-depth insight of the region, both personal and professional. Added to this his wealth of first-hand experience in removals and New Concept is more than able to cover any possible situation that may arise, taking into account regional characteristics, from temperature variations to narrow streets.

After an unusually busy winter season, New Concept are pres-

ently undertaking an increasing amount of inter-continental moves, counting on their international air-freight and container-shipping contacts.

From a single box to Texas, to full house-loads of effects to Australia and South America, wherever you need to go, there's no reason why your beloved belongings can't go too, wherever that may be. So if you are considering a move, be it local, national or international, make sure you rely on the professionals. For more information call New Concept on: (+351) 289 395 105, fax 289 395 112, mobile 968 031 955, e-mail d.wright@mail.telepac.pt. Alternatively, see website: www.newconceptint.com



David Wright

Ecossistemas; where man's design and natural beauty merge



It is often said that 'true beauty is found not on the outside but on the inside'. However, where landscaping is concerned, it is quite the opposite.

Quite frequently, the exterior of a development or a home is the first thing that catches other people's attention. A stunning outdoor area can mean the difference between a successful, memorable establishment, or a poorly presented property.

Gardens and landscapes are generally what create any given location's first impression or so-called calling card, and what visitors will remember most. Scents, colors, textures and layouts are all key elements to be considered when creating a landscape; elements that plant and landscaping specialist company Ecossistemas is fully aware of and has been specializing in for over 16 years.

The company's impressive CV now comprises a number of large-scale projects carried out for some of the Algarve's most prominent resorts and localities, and the commissioning of larger and more significant projects just keep coming in.

A more recent project saw the company create stunning gardens for the Sheraton Pine Cliffs Resort, Albufeira.

Specializing in the creation of 'green spaces' (gardens, sports areas, parks and other projects), Ecossistemas also boast expertise in irrigation systems, from creating layouts right through to



One of Ecossistemas' beautiful designs.

installations and respective equipment and accessories, to back-up and maintenance services.

Creating a landscape that both suits and flatters the architectural style of buildings round which it is situated, and developing comfortable climate conditions to reduce seasonal effects are but two guidelines the company uses when creating designs. Correctly using natural supplies found on-site and striving to take care of surrounding environments are also priorities.

Furthermore, Ecossistemas

has developed a tree salvaging service where trees of historical or regional importance, for example centuries-old olive trees, that otherwise would be destined for excavation are 'rescued' and transplanted to the company's warehouse. From there the trees are sold and delivered all around the world, to countries including China, Dubai and Australia.

For more information, contact Ecossistemas on: (+351) 282 799 537, fax: 282 799 840, or see websites www.ecossistemas.com, or www.oliveirasdeportugal.com.

David Wilson, creating homes, not just houses



David Wilson has been in the Algarve for more than 10 years now. Having initially established a successful business in drainage systems, for the past two years he has been battling to obtain an *alvará*, the necessary legal document that allows David to develop property under his own guidance.

The sleepless nights, countless headaches and exorbitant legal fees have finally paid off. Never one to give up, David believed in his company and the quality of its services enough to hold out where many others would have packed in and given up. Attaining an *alvará* is a major achievement, given the present system, though he would have it no other way.

Complying with regulations is something that David Wilson fiercely believes in, and he is also a member of the British Portuguese Chamber of Commerce.

With over 24 years in the construction business, following in the footsteps of his father, a civil engineer in reinforced concrete and steel, and his grandfather, who built housing estates, experience has shown that aiming for quality rather than quantity can often be a more rewarding approach to construction.

Whatever size property you desire, of whatever style or design, David Wilson strives to take your vision from fantasy to reality, with the aid of an on-board team of architects, engineers and advisors.

His belief in quality over quantity has led David Wilson's company to focus on the lower end of the property market, specialising in construction under the €500,000 mark, offering value for money as well as efficiency and professionalism.

Extensions and renovations are

also possible.

Another side of David Wilson's services is landscaping and groundwork.

David has always been passionate about equipment and machinery, since childhood, so even now he continuously invests time and money in modern technology, as well as staff training and qualifications in the roles they are assigned.

A recent venture will see the company import UK-standard scaffolding to Portugal to be hired by other companies. It has been proven that English scaffolding, when used by trained workers, can speed up production by 20 per cent.

Whilst the company's con-

struction services cover the development of properties from scratch, as well as plumbing, electrics, tiling, plaster-boarding, stucco effect finishes and suspended ceilings, the groundwork services also cover a wide variety of options for outside the home. These can include roads, *calçada*, walls, paths, gardens and landscape design, drainage, and machine hire with driver.

Timberworks and Spray-tarining are also catered for.

No project is too large or too small for David Wilson's team of professionals to happily undertake. For more information, call David Wilson (ALVARA no. 55928) on: (+351) 917 227 087, or 282 489 579.



The David Wilson team, and the man himself (centre, left).

Alan Gale Denture Repairs... a very good reason to smile!



If you are considering replacing your existing dentures, Alan Gale is the expert to consult. Offering a fully guaranteed service with dependable back up and customer care, including after hours and weekend emergency cover, the following information has also been supplied to be followed as a guideline.

According to Alan Gale, one of the first things to take into consideration when thinking of replacing dentures is appearance.

The correct shade, size and position of the teeth are vital. Partial denture wearers need to match exactly existing teeth. The same applies to upper/lower denture wearers. Appearance can be copied from existing dentures, or a photograph. Sunken features can be restored, and clear palates can be incorporated.

Now that's something to smile about!

Secondly, another important factor is the fit. There is no point in having the correct appearance if the dentures do not fit properly.

Partial denture wearers should never have a problem with the fit, with the addition of clasps that can now be made in flexible acrylic, to the exact shade of existing teeth. The palate or frame can be made in chrome, gold, or acrylic.

Suction is maintained in edentulous upper dentures. Lower dentures are greatly helped by positioning the teeth correctly and contouring the acrylic to accommodate cheeks and tongue.

Also the addition of a soft lining to the fitside helps cushion the gums if they are sensitive to acrylic.

Following this is bite (articulation); the balance of the bite is paramount, not only to chew food (digestion), but also to aid (stabilize) the fit, and feel of the denture. An incorrect or worn bite is one of the major causes of dentures breaking!

Where concerning durability, dentures or teeth that frequently break can be made with chrome, or gold bases that are unbreakable.

Denture bases can be made in virtually unbreakable acrylic in various shades, and the teeth themselves can also be made in acrylic or porcelain.

One of the most important aspects of good denture maintenance is aftercare. All of Alan Gale's dentures are guaranteed for one year against breakage, wear, and fit. Advice on cleaning, plus a free clean and polish after one year will be provided. Repair services for broken dentures can be completed in one or two hours maximum. A two-day emergency service for lost dentures (if it does happen!) is also available, and spare or copy dentures will enjoy up to 50 per cent discount. AFPOP members also benefit from a 5 per cent discount.

And the main piece of advice is: Keep Smiling! For more information call Alan Gale on: (+351) 282 442 302, or mobile: 916 717 113.

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Response to Sue Johnson (Motorhomes go glam) March 2007 issue

SIR, What a sad person she is, wishing to impose fines on motorhomers, the majority of whom are elderly people. They have done their duty, paid their taxes, worked all their lives raising families etc. and are now retired.

They have invested their life savings in a motorhome, enabling them to leave the dismal, winter months of their own countries. The milder climates of Spain and Portugal bring relief to those suffering from arthritis, chest problems and similar ailments.

Obviously, whilst touring in these countries in out of season months, they spend money on fuel, food, drink, laundry, repairs to vehicles, gifts to take home etc. Limited income prohibits dining out every day, however, at least twice a week in the norm. Therefore, they contribute to the economy by way of small businesses instead of hotel conglomerates, who take their profits out of the country.

As for "wild camping" as she terms it - what harm are they doing? They park up and enjoy the beauty of the surroundings. When they go, they leave it clean and take nothing away but good memories. Spanish and Portuguese nationals are polite and considerate to them. It appears that only ex-pats who retain their "British intolerance" mentality, even though living in a country with a different view, seem to have a problem. I can only assume that Sue is one of them.

Oh by the way, Sue, do not suggest they should be on campsites - what would they see of the

countries or different cultures stuck in a fenced forest?

MARGARET RADDON,
UK (Please do not publish my home address, I hate junk mail).

Thanks

SIR, Last Friday afternoon I had the misfortune to suffer an alternator failure when on my way to Lagos for a matriculation inspection of my UK registered car. Through your pages may I thank the very kind Portuguese girl who stopped to offer assistance while I was waiting for the tow truck? I am ashamed to say I never found out her name, but she was most helpful and even offered to drive me into Lagos to find the necessary replacement parts. At the same time, may I also raise a metaphorical two fingers to the eight or nine UK registered motor-home owners who sailed by with their noses in the air, probably on their way to an illegal camping pitch for the night. I pray the GNR fines them all to within an inch of their miserable bank balances.

CLIVE STOTT, By e-mail

Ref: senile rantings

SIR, Someone should explain to Mike Hentall that the senile 'rantings' he moans about are only opinions he doesn't happen to agree with.

Regarding his silent alarm clock experiences, I can report that I too wake up around three am each morning. At my age, the reason is probably a dodgy prostate and my distressed bladder is just sounding the alarm - "Take a leak Ron before you piddle the bed!" So perhaps, like he's

just overdue a reboore. Oh, and like his wife, mine also wakes up at the same time too, but only because I have disturbed her. Does this mundane explanation match either of his "pet theories that are not for discussion here"?

Carl Taylor, advising us of his many years of homosexual activity, is another who doesn't seem too happy about the opinions of a lot of us old-timers either and implies that being males over 60 we are now reduced to trying to play snooker with a piece of rope. Well, if he lives as long as we have, his turn will come! Writing as someone who smokes, drinks and 'enjoys every day that comes' he hopes that we won't ever meet. So do I.

With the anniversary of Britain's abolition of slavery upon us, yet again we are being urged to apologise for the actions of our ancestors. What a load of rubbish! Are the African tribes who hunted down, captured and put the first chains around their neighbours' necks marching about beating their breasts? And how long before we see mass protests about the excesses of the Inquisition or murderous events like the French revolution or the Roman Empire's idea of entertainment? None of that was anything to do with us but there are plenty of current atrocities meriting attention.

RON LAVERY, By e-mail

Gasoline station closings

SIR, Does anyone know why we have so many small gasoline stations closing in the Sintra area?

I have noted more than 3 closings in my immediate neighborhood.

GILBERT WELLS, Azenhas do Mar

Religion not the answer

SIR, Hallelujah! I am sure that not many readers will regret your decision to drop letters on the never-ending religious debate!

The subject is not only boring, but pretty pointless. It is most unlikely that any believer could ever be persuaded to change their beliefs through discussion or negotiation. As Gwynne Dyer implied in last week's issue, religion is the problem, not the answer:

GEORGE RUSH, Faro

Dear James Ross...

SIR, Dear James, we are really sorry if you thought we were attacking either you or your church (17th March) as we have quite an affection for you! You should know by now that our object in contributing letters to **The Portugal News** is never to knowingly attack or be discourteous to anyone, but to try and write facts and/or beliefs as we know them, answer or pose questions or cause readers to think or investigate further the subjects under discussion.

Our understanding is that the RC Church teaches the act of sexual intercourse should only be indulged in to procreate children; if this is not so, we apologize and stand corrected. The reason we mentioned it was because the question posed by Alara Twine (10th March) was prompted by comments about Mary's need for redemption because 'her conception resulted from the co-mingling of both sexes'.

As Bible believing Christians, we know that nowhere in the scriptures is there mention of the canonization of saints, the immaculate conception of Mary or her perpetual virginity. If James really knows his Bible, he can find within its pages clear information about Mary and Joseph having at least seven children following the birth of Jesus.

As a regular reader of **The Portugal News**, how can James say we have not written in defence of creation, theism or Christianity? To answer a further accusation, we have never thought or written that 'Catholicism is a greater evil

than atheism or abortion' or given our views on ecumenism.

We know, love and pray for Pastor Eddie Fernandez, his Bikers and his church - Riversides - but as we live in Alvor, were not able to participate in the march through Lisbon last month.

TONY & LOIS HERRINGTON, Alvor

Response to Dyer & Baugh

SIR, So Gwynne Dyer doesn't have a high opinion of religion (Christianity). Has he ever read history? Pre-Christian societies like the Aztecs and Romans were pretty hard on slaves, women and non-members.

Post-Christian systems such as Revolutionary France, Nazi Germany, and Communism weren't so nice either. I would suggest Dyer reading De Tocqueville.

Since religious (and hopefully anti-religious) discussion is being excluded from the letters page, I had better take this last chance to give Michael Baugh the chapter and verse he has been asking for; John 8:58.

Jesus claimed to be God. Baugh is correct. Greek has a word for "brother" and another word for "cousin". And yes, the New Testament was written in Greek. But not by Greeks! The Jews, who wrote the New Testament transliterated the Hebrew idiom into Greek. Jesus' "brothers" were his kinsmen. Even Luther, Calvin, Zwingli and Wesley would agree with me on Mary's perpetual Virginity. Enuff said.

I agree with **The Portugal News'** move. It seems what should have been an open and honest discussion had degenerated way down. Terms like "dead Palestinian Jewess (Mary)", "mariolatrous prayers" and referring to article of Faith as "Ludicrous" were being used solely to give offense.

JAMES ROSS, By e-mail

Believers United v Doubters Athletic

SIR, And the debate continues with your letters page aflame with righteous conviction and

scathing scepticism. Now it's my turn.

When I was a child some seventy years ago I was led to believe that the Almighty was omnipresent and omniscient and think that if this is true he will understand the heretical thought processes of myself and others better than either Mr Ross or the Pope. If, on the other hand, the entire fabric of our belief system is nothing but a glorious fiction with no basis in fact, then it really doesn't matter in the slightest.

ALAN THOMAS, By e-mail

Response to cruelty of animals

SIR, Having read your newspaper on returning to the UK about a school teacher chaining her dog up and leaving it to starve, apart from the appalling cruelty of this situation and very upsetting for us, that such a situation can occur, also without any prosecution taking place against this woman.

Surely this would be a deterrent. Apparently this cruelty goes on all the time according to an expat lady we met, and [there is] the problem also of 'strays', which we noted in the newspaper some people are concerned and trying to do something about - this is very good.

We are considering buying property there, but with other friends and family, this situation is putting us off. I hope you print this, I think people should be informed, as we have also experienced strays with travellers behind our hotel.

I was somewhat surprised at this lovely area ('Golden Triangle') with golf courses and beaches and quite expensive property to have this problem, but perhaps the Portuguese are cruel to their pets and very litter orientated.

MRS. SAGE, Eastleigh, Hampshire, UK

As warned last week, after this edition we will be dropping the continuous religious debate for the time being.

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Portuguese for all

Na lição de hoje vamos estudar a estrutura 'haver de + infinitivo'.

Até à próxima lição, Emília Rosendo.

Today's lesson focuses on 'haver de + infinitivo'. This is used to express certainty and to show that one's mind has been made up or a decision has been made, as follows:

Eu hei-de descobrir a verdade.
(I will certainly find out the truth.)

Eu hei-de ser mais tolerante.
(I will be more tolerant.)

Let us now see how 'haver de' is conjugated in *Presente do Indicativo*.

eu	hei-de	nós	havemos de
tu	hás-de		
ele	há-de	eles	
ela		elas	
você	há-de	vocês	hão-de

Exercise: Complete the sentences with 'haver de' + the most appropriate verb from those below:

*ser *conseguir *ler *arranjar *mudar
*encontrar *dar *falar *telefonar

- Há muito tempo que eu não sei notícias deles, por isso _____ -lhes.
- Quase de certeza que ele _____ o emprego como vendedor: é simpático, esforçado e atraente.
- Com esse comportamento tão desagradável todos os que te conhecem acham que tu _____ sérios problemas.
- Nós temos tantos brinquedos que um dia _____ alguns.
- Eles gostam tanto um do outro que, eu aposto, _____ muito felizes.
- A mãe não está preocupada com o comportamento das suas filhas adolescentes porque sabe que elas _____.
- A Marta _____ o livro até à última página.
- Vocês _____ o vosso gato. Não se preocupem!
- Você _____ português fluentemente.

Please send your completed exercises, with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emilia Rosendo at The Portugal News and I will send them back corrected. The Portugal News - Apartado 13, 8401-901 Lagoa. Tel 282 34 11 00.



As of this week, babies born in a number of district hospitals around the country can be instantly registered thanks to an innovative, automatic registrar.

An initial blueprint for the system was developed in 2000, though was deemed ineffective as the registered information was written on paper, making the process more elaborate.

The new procedure, named 'Nascer Cidadão' will be a free, electronic process which will allow, as of September, all newborns to be immediately signed up to the social security and health services.

Still in an experimental phase, at present only a handful of national hospitals can offer the facility.

These include Faro Hospital,

Bissaya Barreto (Coimbra), Júlio Dinis (Oporto), Alfredo da Costa (Lisbon) and Garcia da Orta (Almada).

As of this week all babies born in the hospitals can be legally registered, waving a parent's need to go to the local registry office.

In a second phase, ongoing until September, the São Marcos Hospital (Braga), Senhora da Oliveira (Guimarães), Coimbra University Hospitals (HUC), São Francisco Xavier and Santa Maria Hospitals (both in Lisbon) and the Hospital Padre Américo (Penafiel) will also be equipped with the facility.

Iran: How to start a war

"I don't want to second-guess the British after the fact," said US Navy Lieutenant-Commander Erik Horner, "but our rules of engagement allow a little more latitude. Our boarding team's training is a little bit more towards self-preservation." Does that mean that one of his American boarding teams would have opened fire if it had been them in the two inflatable boats that were surrounded by Iranian Revolutionary Guard fast patrol boats off the coast of Iraq last Friday? "Agreed. Yes."

Just as well that it was a British boarding team, then. The fifteen British sailors and marines who were captured and taken to Tehran for "questioning" last week are undoubtedly having an unpleasant time, but they are alive, and Britain is only involved in two wars, in Iraq and Afghanistan. If it had been one of Erik Horner's boarding teams, they would all be dead, and the United States and Iran would now be at war.

Lt-Cdr Horner is the executive officer of the USS Underwood, the American frigate that works together with HMS Cornwall, the British ship that the captive boarding party came from. Interviewed after the incident by Terri Judd of "The Independent," the only British print journalist on HMS Cornwall, he was obviously struggling to be polite about the gutless Brits, but he wasn't having much success.

"The US Navy rules of engagement say we have not only a right to self-defence but also an obligation to self-defence," Horner explained. "(The British) had every right in my mind and every justification to defend themselves rather than allow themselves to be taken. Our reaction was, Why didn't your guys defend themselves?"

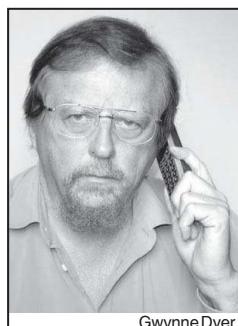
So there they are, eight sailors and seven marines in two rubber boats, with personal weapons and no protection whatever, sitting about a foot (300 cm) above the water, surrounded by six or seven Iranian attack boats with mounted machine guns. "Defend yourself" by opening fire, and after a single long burst from half a dozen heavy machine-guns there will be fourteen dead young men and one dead young woman in two rapidly sinking inflatables, and your country will be at war. Seems a bit pointless, really.

It's a cultural thing, at bottom.

Britain has a long history of fighting wars and taking casualties, but the combat doctrines are less hairy-chested. British rules of engagement "are very much de-escalatory, because we don't want wars starting," explained Admiral Sir Alan West, former First Sea Lord. "Rather than roaring into action and sinking everything in sight we try to step back, and that, of course, is why our chaps were...able to be captured and taken away."

That emollient British approach is probably why the Iranian Revolutionary Guard chose to grab British troops rather than Americans. It was obviously a snatch operation: the Iranians would not normally have half a dozen attack boats ready to go even if some "coalition" boat checking Iraq-bound ships for contraband did stray across the invisible dividing line into Iranian waters (which the British insist they didn't).

But it was not necessarily an operation ordered from the top of Iran's government. In fact, there is no single source of authority in Iran's curious system of "multiple governments," as one observer labelled the impenetrably complex division of responsibilities and powers between elected civilians and unelected mullahs. The Revolutionary Guards (who



Gwynne Dyer



Iraqi coast guard members on patrol boat (L) approach a vessel for a control during a patrol at Iraqi waters of Shatt al-Arab, northern Arab Gulf, off Basra, Saturday, 24 March. Naval forces of Iran's hard line Revolutionary Guards seized 15 British sailors and marines at gunpoint Friday in Iraqi waters of the Persian Gulf, U.S. and British officials said. Iran however says the 15 British sailors and marines seized by Iran in the Persian Gulf have confessed to trespassing into Iranian territory, the semi-official FARS News Agency reported Saturday. (PHOTO: LUSA/EPA/Haider Al-Assadee)

are quite different from the regular armed forces) enjoy considerable autonomy within this system.

According to the US authorities in Iraq, the five Iranian diplomats arrested by US troops in a raid in Irbil in Iraqi Kurdistan last January were actually Revolutionary Guards, and it would seem that their colleagues want them back. Kidnapping American troops as hostages for an ex-

change could cause a war, so they decided to grab some Brits instead. And it will probably work, after a certain delay.

In this episode, the American reputation for belligerence served US troops well, diverting Iranian attention to the British instead. In the larger scheme of things, it is a bit more problematic.

A quite similar snatch operation against the equally belligerent Israelis last July led to a

month-long Israeli aerial bombardment of Lebanon and a retaliatory hail of Hezbollah rockets on northern Israeli cities. Well over a thousand people were dead by the end, although nothing was settled.

Any day now, a minor clash along Iraq's land or sea frontier with Iran could kill some American troops and give President Bush an excuse to attack Iran, if he wants one—and he certainly

seems to. If the Revolutionary Guards had got it wrong last Friday and attacked an American boarding party by mistake, he would have his excuse now, and bombs might already be falling on Iran. All the pieces are in place, and the war could start at any time.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

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- Claims paid in euros

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6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 A Taste of My Life. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Swimming. (T) 2.15 Live Rugby League. Warrington Wolves v Hull Kingston Rovers (Kick-off 2.30pm). (T) 4.30 Final Score. (T)

5.25 BBC News; Regional News; Weather. (T)
5.45 All New Just for Laughs. An attractive woman lets off steam at the gym, a shopper winds up with cake on his face, and an old man causes trouble while parking his car. (T)

6.15 The National Lottery People's Quiz. Jamie Theakston, Kate Garraway, Myleene Klass and William G Stewart continue their nationwide search at the Eden Project in Cornwall and Edinburgh Zoo. Continues at 8.45pm. (T)

7.00 Doctor Who. New series. Medical student Martha Jones's life takes a dramatic turn when the hospital she works in is transported to the moon. David Tennant stars, with Freema Agyeman. (T)

7.45 Any Dream Will Do. New series. Andrew Lloyd Webber follows up last year's quest to find a singer to star in The Sound of Music with a casting session for the lead role in his new West End production of Joseph and the Amazing Technicolor Dreamcoat. Graham Norton charts the journey of thousands of hopefuls who attended regional auditions and reveals which of them were invited to the London call-backs. Actors John Barrowman and Denise Van Outen, theatre producer Bill Kenwright and voice coach Zoe Tyler give the aspiring stars the benefit of their experience. (T)

8.45 The National Lottery People's Quiz. Jamie Theakston reveals the first-round winners. Includes the all-important Lotto, Lotto Extra and Thunderball draws. (T)

9.05 Casualty. Tess vents her fury at Abs when Sam fails to come home from a night out with his colleagues. Guppy is irritated when he finds Stitch has been up all night gambling on the Internet. (T)

9.55 BBC News; Weather; (T) National Lottery Update.

10.15 Match of the Day. Highlights of today's Premiership clashes, including the match at Anfield as Liverpool entertain Arsenal in their fourth meeting of the season in all competitions. The Gunners made short work of their opponents at the Emirates Stadium last November, triumphing 3-0, and also claimed wins in the FA Cup and Carling Cup, so they have reason to be optimistic here. Plus, action from Chelsea's trip to Vicarage Road, where Watford are the hosts, and Manchester United's clash with Blackburn Rovers at Old Trafford. (T)

11.35 Cricket World Cup. The fifth match of the Super Eights. (T)

12.35 Friday Night with Jonathan Ross; (R) (T) Weatherview. 1.40 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Teletubbies. (R) (T) 6.30 Balamory. (R) (T) CBeebies Birthdays. (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Battline. (R) (T) 7.05 Arthur. (R) (T) 7.30 The Underdog Show on CBBC. (R) (T) 8.00 Watch My Chops. (R) (T) 8.15 Moon the Vampire. (R) (T) Bernard. (R) (T) 8.30 Stitch Up! (R) (T) 9.00 Hider in the House. (T) 10.00 The Underdog Show on CBBC. (R) (T) 10.30 Time Warp Trip. (R) (T) 10.50 The Secret Show. (T) 11.00 Krypto the Superdog. (R) (T) Bernard. (R) (T) 11.45 Sportsround. (T) 12.00 See Hear. (T) 12.45 Coast. (T) 12.55 FILM: Stardust: The Bette Davis Story (2006). Premiere. Documentary, narrated by Susan Sarandon. (T) 2.25 FILM: Now, Voyager (1942). Romantic drama, starring Bette Davis. (T) (bw) 4.20 Animal Park. (T) 5.05 Meerkat Manor. (R) (T) 5.30 Meerkat Manor. (R) (T) 5.55 FILM: The Man Who Never Was (1956). Fact-based drama, starring Clifton Webb. (T) 7.35 The Culture Show. Andrew Graham-Dixon speaks to land artist Andy Goldsworthy about his latest exhibition, while Mark Kermode goes on a road trip with Zina Saro-Wiwa. Plus, music by Joan Wasser. (T) 8.25 A Tribute to John Inman. Friends and fellow actors recall the star. (T) 9.05 FILM: The Quiet American (2002). Superb drama based on the tale by Graham Greene, following a British journalist in 1950s Vietnam who forms a bond with an American aid worker. Michael Caine and Brendan Fraser star. (T) 10.35 FILM: Love + Hate (2006). Premiere. Drama starring Tom Hudson. (T) 12.00 The Grumpy Guide to Design. (R) (T) 12.30 The Culture Show. (R) (T) 12.40 FILM: Naqoyqatsi (2002). Premiere. Exploration of modern society. (T) 2.45 Close.

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31 MAR

Pick of the Day

Doctor Who (BBC1, 7pm)

The third series is only just about to begin, but according to recent reports, the fourth has already been commissioned - good news for those passionate about all things Tardis-related. However, whether Russell T Davies, the man behind the sci-fi series' revamp will still be working away behind the scenes is uncertain after he dropped hints about possible new projects in a recent interview. As any self-respecting fan will already know, the Doctor is currently without a travelling companion after being parted from Rose at the end of the last series, and being rebuffed by Catherine Tate's runaway bride in the Christmas edition. Here, we're about to be introduced to his new pal, Martha Jones, in this eagerly awaited opening instalment of the latest series. The Time Lord meets her during a trip to the Royal New Hope Hospital in London. Martha is a medical student, and he soon needs her help when a bunch of galactic stormtroopers known as the Judoon transport the medical institution to the Moon. Can the duo put a stop to the aliens' villainous scheme? David Tennant and Freema Agyeman star.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: Friends. (R) (T) 9.20 T4: Musicool. (R) (T) 10.25 T4: Popworld. (T) 11.15 T4: High School Dance. (T) 12.20 T4: Shipwrecked 2007: The Hutman Diaries. (R) (T) 12.55 T4: Shipwrecked 2007: Battle of the Islands. (R) (T) 2.00 Channel 4 Racing from Newcastle and Kempton Park. Including the 3.15 William Hill Lincoln (H)cap (1m). (T) 4.10 Location, Location, Location. (R) (T) 4.45 Deal or No Deal Classic. (R) (T) 5.35 Monarchy by David Starkey. (R) (T) 6.35 Channel 4 News. (T) 7.05 Born Survivor: Bear Grylls. The adventurer demonstrates how to stay alive if stranded in the Sierra Nevada mountains of California. He risks a 350ft drop, falls on a snake and tries to capture a wild horse. (T) 8.05 Bremmer, Bird and Fortune. Political satire with Rory Bremner, John Bird and John Fortune. (T) 9.05 FILM: About Schmidt (2002). Premiere. Jack Nicholson stars as a frustrated sixtiesomething, who vows to prevent his daughter marrying a loser - but makes a surprising discovery. Comedy, with Hope Davis. (T) 11.25 FILM: Batman (1989). Comic-book adventure, starring Michael Keaton. (T) 1.45 FILM: They (2002). Horror, starring Laura Regan. (T) 3.15 Last Train. (R) (T) 3.20 Pyromania. The fixation with starting fires. (R) (T) 4.20 The Medici: Godfathers of the Renaissance. (R) (T) 5.20 Countdown. Johnnie Casson guests. (R) (T)

FIVE

6.00 Sunrise. 6.55 Milkshake! Franklin. (R) (T) 7.25 Miss Spider's Sunny Patch Friends. (R) (T) 7.35 Little Princess. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.40 Rupert Bear. (R) (T) 8.50 Rupert Bear. (R) (T) 9.05 Ebb and Flo. (R) (T) 9.10 Peppa Pig. (R) (T) 9.20 Fifi and the Flowertots. (R) (T) 9.35 Jane and the Dragon. (R) (T) 10.05 The Gadget Show. (R) (T) 10.55 World's Strongest Man. (R) (T) 12.00 Built for the Kill. (R) (T) 12.30 FILM: Paint Your Wagon (1969). Musical Western, starring Clint Eastwood. (T) 3.25 FILM: Kundun (1997). Epic drama, starring Tenzin Thutob Tsarong. (T) 5.50 FILM: Terms of Endearment (1983). Comedy drama, starring Shirley MacLaine. (T) 8.00 five news and sport. (T) 8.10 NCIS. Gibbs and the team find themselves in deep trouble with the FBI while protecting a veteran naval officer who has caught the attention of an al-Qaeda cell. They become convinced they have discovered the bomber, but things are not quite what they seem. Mark Harmon stars. (R) (T) 9.05 CSI: NY. Hawkes makes an emotional return to a hospital where he once worked as the team investigate the death of a girl who was recovering from a serious car accident. Hill Harper stars. (T) 10.05 Law & Order. (T) 11.05 Grey's Anatomy. (R) (T) 12.05 Grey's Anatomy. (R) (T) 1.00 The Dead Zone. (R) (T) 1.45 The Dead Zone. (R) (T) 2.30 Alias. (R) (T) 3.10 Alias. (R) (T) 3.55 The Gadget Show. (R) (T) 4.40 Russell Grant's Postcards. (R) (T) 4.50 Russell Grant's Postcards. (R) (T) 5.00 Russell Grant's Postcards. (R) (T) 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Horrid Henry. (R) (T) 9.35 Bel's Boys. (R) (T) 9.50 Tricky Quirkies. (R) (T) 9.55 Art Attack. (T) 10.20 The Amazing Adrenalini Brothers. (T) 10.30 Drake & Josh. (R) (T) 11.00 King Arthur's Disasters. (R) (T) 11.30 CITV Meets the Robinsons. (T) 12.00 Saturday Cooks! (T) 1.30 ITV News and Weather. (T) 1.35 London Today; Weather. (T) 1.40 FILM: Doctor Dolittle (1967). Musical comedy, starring Rex Harrison. (T) 4.20 Creature Comforts. (R) (T) 4.30 London Tonight; Weather. (T) 4.45 ITV News and Sport; Weather. (T)

5.00 All New You've Been Framed! A practical joker scares a bungee jumper. (T)

5.30 Harry Hill's TV Burp. The comic presents a quirky review of the week's programmes, casting his eye over TV favourites including Marbella Belles, Born Survivor and Ann Maurice: Interior Rivalry. (T)

6.00 FILM: Harry Potter and the Chamber of Secrets (2002). The wizard returns to Hogwarts School of Witchcraft and Wizardry to discover something is attacking students at random. Magical adventure sequel, starring Daniel Radcliffe. (T)

8.50 Who Wants to Be a Millionaire? Another group of contestants line up for the chance to take the hotseat and answer 15 questions in the hope of winning \$1million. Presenter Chris Tarrant invites the hopefuls to take advantage of lifelines Ask the Audience, Phone a Friend and 50-50 if they get stuck. (T)

9.55 The Dame Edna Treatment. Actor Alec Baldwin joins the host at her spa to discuss his latest films The Departed and The Good Shepherd, and Edna takes the stage to perform alongside singer Engelbert Humperdinck. The self-styled megastar's errant daughter Valmai lends her a hand, while health and fitness guru Sir Les Patterson offers his unique brand of lifestyle advice. (T)

10.55 ITV News and Weather; Weather. (T)

11.10 FILM: Me, Myself and Irene (2000). Smash-hit comedy, starring Jim Carrey. (T)

1.10 Make Your Play; ITV News Headlines. 3.50 Don't Move, Improve. (R) (T) 4.25 Don't Move, Improve. (R) (T) 5.00 ITV Nightscreen.

If you would like to advertise on these pages, contact Bella Talhadas Call 707 500 677 or email bella@the-news.net or send a fax to 282 341 201

LOCAL

Best of the Rest

BBC3

SG-1 4.00 Stargate SG-1

5.00 Stargate SG-1 6.00

Film: Michael PG (1996) 8.00

Cold Case 9.00 Bones 10.00

24. 11.00 Nip/Tuck 12.05

Toughest Pubs in Britain 1.05

Angry Britain 2.00 Uncut!

2.55 Red Light Girls 3.50

Star Trek: The Next Generation 4.45 Star Trek:

The Next Generation 5.35

Zoids

UKTV Gold

7.00 Birdland 7.05 Medical

Mavericks 8.05 The Art of

Eternity 9.05 Abduction: A

Very British Coup 10.05 The

Screen Wipe Guide to TV

10.35 Film: Memories of

Murder 18 (2003) 12.45

Medical Mavericks 1.45 The

Art of Eternity 2.45

Abduction: A Very British

Coup 3.45 The Screen Wipe

Guide to TV 4.15 Close

ITV2

2.35 Holiday Showdown 3.35

Australian Princess 4.35 ITV

at the Movies 5.05 Smallville 6.00

Smallville 7.50 Australian

Princess 8.50 Film: Back to

the Future PG (1985) 11.00

Film: US Marshals 15 (1998)

1.25 Test Drive My Girlfriend

1.55 Make Your Play: ITV

Play 3.40 Emmerdale 6.00

Close

Sky One

1.00 Stargate SG-1 2.00

Stargate SG-1 3.00 Stargate

MOVIES

Sky Movies 1

6.05 Mary, Mother of Jesus PG (1999) 7.40 The Librarian: Quest for the Spear 12 (2004)

9.25 Bean PG (1997) 10.50

Three Men and a Little Lady PG (1990) 12.40 Mary, Mother of Jesus PG (1999) Biblical

drama, starring Christian Bale

2.20 The Librarian: Quest for

the Spear 12 (2004) Fantasy

adventure, starring Noah Wyle

4.00 Bean PG (1997) Comedy,

starring Rowan Atkinson. 5.30

Three Men and a Little Lady PG (1990) Comedy sequel, starring Tom Selleck. 7.30 Sky

Movies News 8.00 Casanova 12 (2005) Premiere. Romantic

drama, starring Heath Ledger

10.00 Doom 15 (2005) Sci-fi

thriller, starring The Rock.

11.50 Casanova 12 (2005)

Premiere. Romantic drama,

starring Heath Ledger. 1.55

Chill Factor 15 (1999) Action

thriller, starring Cuba Gooding Jr.

3.40 All Men Are Mortal 15 (1995) 5.15 Mary, Mother of Jesus PG (1999)

6.00 Aerobics Oz Style 6.30

Premier League Preview 7.00

Soccer AM's All Sports Show 8.00

Champions League Weekly 8.30

Premier League Preview 9.00

Soccer AM 12.00 Live Football

Special. Liverpool v Arsenal (Kick-off: 12.45pm). 3.00 Soccer

Saturday 5.30 Live European

Rugby Union. London Wasps v

Bath v Bristol (Kick-off: 5.45pm). 8.25

Football First 10.15 Football First

11.45 Football First 1.15 Football

First 2.45 Football First 4.15

Football First 5.45 Sky Sports Classics

Sky Cinema 1

6.00 The Three Ages U (1923)

7.20 Giant PG (1956) 10.40 A Day's Pleasure U (1919) 11.15

The Guns of Navarone PG (1961) World War Two

adventure, starring Gregory Peck. 8.00 Birdy 15 (1984) Psychological drama,

starring Matthew Modine. 10.00 Born on the Fourth of July 18 (1989)

Fact-based Vietnam

War drama, starring Tom Cruise.

12.30 Coffy 18 (1973) Blaxploitation

thriller, starring Pam Grier. 2.05 Birdy 15 (1984)

Psychological drama, starring

Matthew Modine. 4.10 The Three

Ages U (1923) 5.30 The

Balloonicat U (1923)

Sky Movies 2

6.40 Elvis: The Early Years

8.10 MXP: Most Xtreme Primate

U (2003) 9.40 The SpongeBob

SquarePants Movie U (2004)

11.10 One Fine Day PG (1996)

Romantic comedy, starring

George Clooney and Michelle

Pfeiffer. 1.00 Elvis: The Early

Years 2.30 The Legend of Zorro

PG (2005) 3.00 Teleshopping

The Disney Channel

Kids' programmes from 7am,

except: 4.00 Film: The Proud

Family Movie U (2005)

Animated fun, with the voice

of Kyla Pratt.

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6.00 Breakfast. (T) 7.35 Match of the Day. (R) (T) 9.00 Sunday AM. (T) 10.00 Heaven & Earth with Gloria Hunniford. (T) 11.00 Countryfile. (T) 12.00 BBC News; Weather. (T) 12.05 Cash in the Attic. (R) (T) 12.50 'Allo 'Allo! (R) (T) 1.20 Keeping Up Appearances. (R) (T) 1.50 Diagnosis Murder. (R) (T) 2.35 EastEnders. (T) 4.25 Sherlock Holmes and the Baker Street Irregulars. (T)

5.25 Star Portraits with Rolf Harris. Kelly Holmes sits for three professional painters at Sheffield's Don Valley stadium. Rolf Harris oversees their work before the former athlete is allowed to choose one of the portraits to keep. (T)

5.55 Points of View. With Terry Wogan. (T)

6.10 Songs of Praise. How the story of Jesus has inspired music and theatre. (T)

6.45 Antiques Roadshow. The team return to Kelvingrove Museum in Glasgow, where they evaluate an early stoneware jug, a Chippendale chair, and original artwork by Charles Rennie Mackintosh. (T)

7.35 BBC News; Regional News; Weather. (T)

8.00 Play It Again. Frank Skinner is challenged to master the banjo, a notoriously difficult instrument to play, and having never even held the instrument before he faces an unenviable task. Under the tutelage of mentor Pete Stanley, the comedian prepares to enter the international championships in Kansas, USA, but the pair's deteriorating relationship looks set to hamper his efforts. (T)

9.00 Castaway. The island contestants have a meeting with host Danny Wallace, who has arrived to present them with a unique dilemma. Reality series following a group of volunteers stranded on a remote island off the coast of New Zealand, who must survive for 12 weeks without electricity or running water. (T)

10.00 BBC News; Weather. (T)

10.20 Extras. Rising sitcom star Andy Millman realises he won't go very far in showbiz if he doesn't get on the right side of the Press. He decides to enlist the help of a PR guru - but unfortunately agent Darren Lamb is the only one willing to take on the role. Guest starring Harry Potter's Daniel Radcliffe. (R) (T)

10.50 3lbs. Dr Hanson is confounded by a girl whose convulsions are growing steadily worse but refuses surgery to relieve them because she doesn't want to lose the euphoric moment before the seizures hit, believing she sees God. Meanwhile, a patient with a traumatic head wound is unable to restrain himself from revealing his most intimate thoughts. (T)

11.30 The Sky at Night. Commemorating 50 years of the series. (T)

12.00 Cricket World Cup; (T) Weatherview. 1.05 Sign Zone: Holby City. (R) (T) 2.05 Sign Zone: Antiques Roadshow. (R) (T) 2.55 Sign Zone: Bill's Food. (R) (T) 3.20 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



6.00 CBeebies: Teletubbies. (R) (T)

6.30 Balamory; (R) (T) CBeebies Birthdays. (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 Legend of the Dragon. (R) (T) 7.30 Smile. Fun-packed magazine, with Barney Harwood. (T) 10.00 Something for the Weekend. (T) 11.30 IRB Rugby Sevens. (R) (T) 12.30 Cycling. (T) 1.45 Swimming. (T) 2.30 Live Rugby League. Widnes Vikings v Wigan Warriors (Kick-off 2.30pm). (T) 4.30 Cycling. (T) 6.10 Natural World. (R) (T) 7.00 Dive. Channel Islands. Underwater at the southernmost tip of the British Isles. (R) (T) 7.10 Meerkat Manor. Mozart is allowed back in the gang. (T) 7.35 Meerkat Manor. Youssarian abandons his babysitting duties. (T) 8.00 Best of Top Gear. Highlights from the last series. (T) 9.00 Louis Theroux - The Most Hated Family in America. A controversial Kansas church known for protesting against homosexuality. (T) 10.00 Match of the Day 2. Adrian Chiles presents highlights of this afternoon's Premiership clash between Tottenham Hotspur and Reading at White Hart Lane. Plus, all the goals from yesterday's matches. (T) 10.45 Graham Norton Uncut. (T) 11.30 Dragons' Den. Catching up with memorable entrepreneurs from previous shows. Last in series. (R) (T) 12.30 Family Guy. (T) 12.50 Family Guy. (T) 1.15 Honeymoon. (T) 2.25 Fat Beauty Contest. (R) (T) 3.25 The Medici: Godfathers of the Renaissance. (R) (T) 4.25 The Medici: Godfathers of the Renaissance. (R) (T) 5.25 Countdown. (R) (T)

6.00 Making It. (R) 6.05 The Hoobs. (R) (T) 6.30 Transworld Sport. (T) 7.25 Five Oceans Ultimate Solo Challenge. 7.55 World Cup Skiing. 8.50 T4: Popworld. (R) (T) 9.35 T4: Hollywoods. (T) 12.15 T4: Shipwrecked 2007: The Hutcam Diaries. (T) 12.50 T4: Musicool. (T) 1.50 T4: The Search for the Next Pussycat Doll. (T) 2.55 T4: The OC. (T) 3.55 T4: Ugly Betty. (R) (T) 4.55 Deal or No Deal. (T) 5.45 Time Team. (T) 6.40 Shipwrecked 2007: Battle of the Islands. (T) 7.40 Channel 4 News. (T) 8.00 Celebrity Wife Swap. New series. Debbie McGee, wife of magician Paul Daniels, swaps places with Vanessa Feltz. The pair, who lead very different lifestyles, must come to terms with an abrupt change of pace. (T) 9.00 Dark Roots: The Anna Nicole Smith Story. The life of the blonde bombshell. (T) 10.00 FILM: Austin Powers in Goldmember (2002). The Sixties spy is forced to travel through time to rescue his father, who's been kidnapped by a devilish Dutchman. Patchy comedy sequel, starring Mike Myers and Michael Caine. (T) 11.45 Robbie Williams Shorts. (T) 11.50 Wedding Belles. (R) (T) 1.50 Honeymoon. (T) 2.25 Fat Beauty Contest. (R) (T) 3.25 The Medici: Godfathers of the Renaissance. (R) (T) 4.25 The Medici: Godfathers of the Renaissance. (R) (T) 5.25 Countdown. (R) (T)

6.00 Milkshake!: Tickle, Patch and Friends. (T) 6.25 Franny's Feet. (R) (T) 6.40 Sailor Sid. (R) (T) 6.45 The Clangers. (R) (T) 6.55 Franklin. (R) (T) 7.20 Miss Spider's Sunny Patch Friends. (R) (T) 7.30 Little Princess. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.05 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.20 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.35 Rupert Bear. (R) (T) 8.50 Rupert Bear. (R) (T) 9.00 Ebb and Flo. (R) (T) 9.05 Peppa Pig. (R) (T) 9.15 Fif and the Flowertots. (R) (T) 9.30 Jane and the Dragon. (R) (T) 10.00 Property Developing Abroad. (R) (T) 11.00 Build a New Life in the Country. (R) (T) 12.00 Divine Designs. (R) (T) 12.30 five news update. (T) 12.40 FILM: The Mouse that Roared (1959). Comedy, starring Peter Sellers. (T) 2.15 FILM: The War of the Worlds (1953). Classic sci-fi tale, starring Gene Barry. (T) 3.50 FILM: Genghis Khan (1965). Epic adventure, starring Omar Sharif. (T) 6.10 five news and sport. (T) 6.20 FILM: George of the Jungle (1997). Entertaining slapstick comedy about a Tarzan-like apeman discovered in the African jungle and taken back to San Francisco. Starring Brendan Fraser and Leslie Mann. (T) 8.00 Grey's Anatomy. Meredith and Cristina lie about their relationships. (T) 9.00 Grey's Anatomy. The nurses' strike leaves doctors fending for themselves; (T) 9.00 five news update. (T) 10.00 FILM: A Nightmare on Elm Street (1984). (T) 11.55 NCAA College Basketball. 12.40 Major League Baseball, St Louis Cardinals v New York Mets. 4.15 101 Greatest Knockouts. (R) (T) 4.45 Boxing: Fight of the Week. 5.35 Motorsport Mundial. (R)

Best of the Rest

RTP1

0700 Brincar Brincar 0900 O Homen dos Leões 0930 Extreme Jobs 1000 Eucarista Dominic 1100 Criar um Urso Negro Bebê 1200 A Minha Sogra é uma Bruxa 1230 Contrainformação 1300 News 1415 Só Vista 1515 Prison Break 1600 1615 Rush Hour 2 1800 Greys Anatomy 2000 Mews 2130 Gata Fedorenta 2320 Billy Elliot, film 0130 Combat D'Amour en Songe, film

RTP2

0645 Meteorology 0700 Euronews 0830 África @global 0900 Caminhos 0930 70x7 1000 Nós 1100 Da Terra Ao Mar 1130 Consigo 1230 Olhar o Mundo 1300 Discovery Hour 1345 Vidas 1445 A Voz do Cidadão 1500 Sport 1900 A Revolta dos Pastéis de Nata 200 Teen Titans 2030 Futurama 2100 Bombero 2130 A Alma e o Géntio 2200 News 2230 Diga lá Exclência 2315 Britcom 0000 Onda 0115 Christmas Concert from Bethlehem 0215 Desporto 0615 Euronews

SIC

0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 Film TBA 1545 Film TBA 2330 CSI Miami 0030 CSI Las Vegas 0200 The Hurricane, film

TVI

0645 Children's TV 0900 Disney Kids 1100 Uma Aventura Perigosa 1200 BBC Wild Life 1300 News 1345 Casper, film 1530 Film TBA 1830 Film TBA 2000 News 2115 Morangos Com Açúcar 0200 Heaven's Pond, film

1.40 Emmerdale 4.30 Coronation Street 7.00 The Planet's Funniest Animals 7.30 American Idol 8.30 American Idol 9.00 Supernatural 10.00 Film: The Bourne Identity 12 (2002) 12.15 Coronation Street 12.45 Melanie C's Playlist 1.15 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close

ITV2

7.00 War Stories 9.00 How to Be Science Fiction 10.00 Mark Lawson Talks to Nicholas Craig 11.00 Roots Remembered 12.30 Mark Lawson Talks to Nicholas Craig 1.30 Cooking in the Danger Zone 2.00 The Waiting Room 2.30 Living with the Future 3.00 Mark Lawson Talks to Nicholas Craig 4.00 Close

1.40 Doctor Who 8.00 Doctor Who 8.45 Doctor Who Confidential 9.00 How Young Can I Get? 10.00 Castaway Exposed 10.55 Two Pints of Lager and a Packet of Crisps 11.25 Two Pints of Lager and a Packet of Crisps 12.00 How Young Can I Get? 12.55 Torchwood 1.45 Football Gaffers Galore 2.40 Two Pints of Lager and a Packet of Crisps 3.10 Two Pints of Lager and a Packet of Crisps 3.40 Close

1.40 Star Trek: The Next Generation 4.20 Star Trek: The Next Generation 5.10 Star Trek: Voyager

UKTV Gold

1.40 Only Fools and Horses 2.45 Only Fools and Horses 3.50 Only Fools and Horses 4.55 Only Fools and Horses 6.00 Some Mothers Do 'Em 7.00 Open All Hours 7.40 Open All Hours 8.20 Fawlty Towers 9.00 Dalziel and Pascoe 10.55 Only Fools and Horses 12.00 Open All Hours 12.40 Fawlty Towers 1.25 Dalziel and Pascoe 3.05 Room 101 3.40 Holly City 4.40 Holly City 5.35 Neighbours

TCM

1.25 The Cabin in the Cotton U (1932) 3.00 Cat on a Hot Tin Roof PG (1958) 5.00 Go West U (1940) 6.50 Mogambo PG (1953) 9.00 Klute 18 (1971) 11.10 Cannery Row 12 (1982) 1.25 The Younger Brothers U (1949) 2.55 Julie PG (1956) 4.40 TeleShopping

The Disney Channel

Kids' programmes from 7am, except: 4.00 Film: Stepsister from Planet Weird PG (2000) Family comedy, starring Courteney Cox

1.40 Stargate SG-1 2.00 Stargate SG-1 3.00 Stargate SG-1 4.00 The Simpsons 4.30 The Simpsons 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 Dream Team 9.00 24.10.00 Lost 11.00 Rescue Me 12.00 The Dresden Files 1.00 Battlestar

Galactica 1.50 Very Worst 2.40 Angel 3.30 Star Trek: The Next Generation 4.20 Star Trek: The Next Generation 5.10 Star Trek: Voyager

UKTV Gold

1.40 Only Fools and Horses 2.45 Only Fools and Horses 3.50 Only Fools and Horses 4.55 Only Fools and Horses 6.00 Some Mothers Do 'Em 7.00 Open All Hours 7.40 Open All Hours 8.20 Fawlty

Towers 9.00 Dalziel and Pascoe 10.55 Only Fools and Horses 12.00 Open All Hours 12.40 Fawlty Towers 1.25 Dalziel and Pascoe 3.05 Room 101 3.40 Holly City 4.40 Holly City 5.35 Neighbours

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Row 12 (1982) 1.25 The Younger Brothers U (1949) 2.55 Julie PG (1956) 4.40 TeleShopping

The Disney Channel

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ITV2

1.40 Doctor Who 8.00 Doctor Who Confidential 9.00 How Young Can I Get? 10.00 Castaway Exposed 10.55 Two Pints of Lager and a Packet of Crisps 11.25 Two Pints of Lager and a Packet of Crisps 12.00 How Young Can I Get? 12.55 Torchwood 1.45 Football Gaffers Galore 2.40 Two Pints of Lager and a Packet of Crisps 3.10 Two Pints of Lager and a Packet of Crisps 3.40 Close

1.40 Star Trek: The Next Generation 4.20 Star Trek: The Next Generation 5.10 Star Trek: Voyager

TCM

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ITV2

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1.25 The Cabin in the Cotton U (1932) 3.00 Cat on a Hot Tin Roof PG (1958) 5.00 Go West U (1940) 6.50 Mogambo PG (1953) 9.00 Klute 18 (1971) 11.10 Cannery

Row 12 (1982) 1.25 The Younger Brothers U (1949) 2.55 Julie PG (1956) 4.40 TeleShopping

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6.00 Breakfast. (T) 9.15 Animal 24.7. (R) (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.30 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 The Likeaballs. (R) (T) 4.00 50/50. (R) (T) 4.30 SMart. (R) (T) 5.00 Totally Doctor Who. (T) 5.30 Newsround. (T)

5.35 Neighbours. Frazer cracks under pressure in the competition for Rosetta, while Pepper's interference increases Paul's confidence. Dylan's concerns over Harold's relationship with Kenny grow. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Orangutan Diary. New series. Michaela Strachan and Steve Leonard help to rescue and care for orphaned apes. The pair begin their quest by rescuing an orangutan illegally kept as a pet and visiting a forest school where the animals are trained in climbing, feeding and socialising. Plus, an attempt to save one of the creatures from an area of forest due to be destroyed. (T)

7.30 Shopping the Supermarkets. Paying the price for supermarkets' cheap food. (R) (T)

8.00 EastEnders. Stella's manipulation of Ben finally gives her the result she was hoping for, while May is horrified by Rob's behaviour. Ian persuades Jane into moving to the Fowler house. (T)

8.30 Panorama. Documentary investigating the deaths of Bobby and Christ Shepherd, poisoned by fumes while on holiday in Corfu, with a UK heating expert suggesting it was due to a faulty boiler. (T)

9.00 Crimewatch. Nick Ross and Fiona Bruce appeal for information on a convicted sex trafficker on the run, armed robbers turned kidnappers and a murderer who killed a father in broad daylight. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Crimewatch Update. Viewers' responses to the programme shown earlier. (T)

10.45 Sleep Clinic. A man is given a pressurised mask that the experts hope will prevent his loud snoring. Meanwhile, Alex finds out whether he is suffering from nocturnal epilepsy. (T)

11.15 Cricket World Cup. Manish Bhasin presents highlights from the seventh game of the Super Eights at the Sir Vivian Richards Stadium in Antigua, as the Group B runners-up take on New Zealand. (T)

12.15 FILM: Tai-Pan (1986). Sprawling epic, starring Bryan Brown; (T) Springwatch. Weatherwatch. 2.20 Sign Zone: Hobby City. (R) (T) 3.20 Sign Zone: Top Gear. (R) (T) 4.20 Sign Zone: Mission Africa. (R) (T) 5.00 Cricket World Cup. (R) (T)



6.00 CBeebies: Fimbles. (R) (T) 6.25 The Story Makers; (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 In the Night Garden. (T) 7.30 Mama! Mirabelle's Home Movies. (T) 7.45 Tommy Zoom. (T) 8.00 CBBC: Do Something Different. (T) 8.45 Arthur. (R) (T) 9.10 Mona the Vampire. (R) (T) 9.35 Watch My Chops. (R) (T) 10.00 Best of Friends. (R) (T) 10.30 Living It. (T) 11.00 FILM: Alvin and the Chipmunks Meet the Wolfman (2000). Animated adventure, with the voice of Ross Bagdasarian Jnr; (T) Coast. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (R) (T) 2.00 Escape to the Country. (R) (T) 3.00 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Great British Menu. (T) 7.00 The Trees That Made Britain. Rare apple trees. (R) (T) 7.30 Nation on Film. Life in Fifteen Britain. Last in series. (T) 8.00 University Challenge. The University of Manchester v the University of Durham. (T) 8.30 Return to Lullingstone Castle. The garden is damaged by frost. (T) 9.00 Remember the Galahad. New series. The Fitzroy Inlet bombings. Part of the Timewatch strand. (T) 9.50 Seal Sanctuary. The Farne Islands' seal colony. (R) (T) 10.00 Mock the Week. Highlights of the comedy quiz show. (R) (T) 10.30 Newsnight. (T) 11.20 The Hunt for Middle England: BBC Four on BBC Two. (T) 12.50 BBC News 24. (T) 2.00 BBC Learning Zone. (T)

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.25 Just Shoot Me. (R) (T) 8.55 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 10.55 T4: Musicoop. (R) (T) 12.00 News at Noon. (T) 12.30 Seaside Secrets. (R) (T) 12.45 FILM: A Challenge for Robin Hood (1967). Action adventure. Barrie Ingham stars. (T) 2.25 Life Begins Again. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Busker Symphony. New series. An event celebrating buskers. (T) 8.00 Dispatches: Undercover Prisoner. Secret footage filmed at HMP North Sea Camp in Lincolnshire. (T) 9.00 Animal Farm. How genetic modifications impact on modern life. Last in series. (T) 10.00 ER. Gates and Ray clash over the treatment of a child and a patient becomes a source of friction between Luka and Abby, while a phone call has serious consequences for Pratt. (T) 11.10 The Supranos. (T) 12.20 4Music: Robbie Williams Shorts. (T) 12.25 4Music: Live from Abbey Road. (T) 1.25 4Music: Red Hot Chili Peppers: Video Exclusive. (T) 1.30 4Music: Transmission. (R) 2.30 FILM: Return to Paradise (1998). Moral drama, starring Vince Vaughn. (T) 4.20 The Medic: Godfathers of the Renaissance. (R) (T) 5.20 Countdown. (R) (T)

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Franny's Feet. (R) (T) 6.40 The Clangers. (R) (T) 6.50 Hi-5. (R) (T) 7.20 The Beeps. (R) (T) 7.35 Little Princess. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Diet Doctors: Inside and Out. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.45 FILM: Murder Ahoy (1964). Mystery, starring Margaret Rutherford. (T) (bw) 3.35 five news update. 3.40 FILM: Mystery Woman: Wild West Mystery (2006). Premiere. Detective drama starring Kellie Martin. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 The Gadget Show. A gaming PC is pitted against the best consoles on the market; (T) 7.15 five news update. 8.00 Mega Flood: Perfect Disaster. Docu-drama. A pocket of low pressure in the North Atlantic causes a storm which, coupled with a strong tide, washes over the Thames Barrier and floods London; (R) (T) 8.00 five news at 9. 9.00 Tourette's on the Job: Hidden Lives. New series. Challenges facing people with the condition. (T) 10.00 Prison Break. Sara fights back while Kellerman is distracted. (T) 11.00 FILM: Raging Bull (1980). Boxing biopic, starring Robert De Niro. (T) (bw) 1.25 US PGA Golf. 2.15 NASCAR. The Goody's Cool Orange 500. 3.05 NHL Ice Hockey. 5.35 Race and Rally UK.

BBC3

7.00 Castaway 8.00 Castaway: The Last 24 Hours 8.30 Help! My Dog's as Fat as Me 9.00 Baby Faced Body Builders 10.00 EastEnders 10.30 Rush Hour 11.00 Jonathan Ross' Japanorama 11.30 American Dad! 11.50 American Dad! 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Two Pints of Lager and a Packer of Crisps 1.15 Baby Faced Body Builders 2.10 Two Pints of Lager and a Packet of Crisps 3.10 Baby Faced Body Builders 4.10 Close

BBC4

7.00 Lord Reith Looks Back 8.00 The World 8.00 Weather 8.30 The Sky at Night 9.00 Wainwright: The Man Who Loved the Lakes 10.00 Greg Dyke on Reith 11.00 Tinker, Tailor, Soldier, Spy 11.40 Face to Face 12.10 Greg Dyke on Reith 1.10 The Sky at Night 1.40 Cooking in the Danger Zone 2.10 The Waiting Room 2.40 Living with the Future 3.10 Greg Dyke on Reith 4.10 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 Ricki Lake 3.25 The Jeremy Kyle Show 4.30 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.05 Whatever Happened to Gareth Gates? 8.00 Weather from Hell 9.00 Film: The Bourne Identity 12 (2002) 11.15 Coronation Street 11.45 Coronation Street 12.15 Film: The Bourne Supremacy 12 (2004) 2.30 Glitterball: ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.30 Futurama 2.00 Malcolm in the Middle 2.30 Malcolm in the Middle 3.00 Brainiac: Science Abuse 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Stargate Atlantis 7.00 The Simpsons 7.30 The Simpsons 8.30 The Simpsons 9.00 Corkscrewed 10.00 The Premiership's Greatest Foreign Players 12.00 Cold Case 1.00 Stargate Atlantis 1.50 Naked in Blackpool 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Stargate SG-1 5.10 Star Trek: Voyager 1.00 Miss Marple 3.10 The Daftiel and Pascoe 5.00 The A-Team 6.00 Doctor Who 7.00 Open All Hours 7.40 Open All Hours 8.20 Open All Hours 9.00 Only Fools and Horses 10.05 One Foot in the Grave 10.45 One Foot in the Grave 11.25 Men Behaving Badly 12.05 Men Behaving Badly 12.45 One Foot in the Grave 1.25 One Foot in the Grave 2.05 Have Got 2001 for You 2.35 The House of Elliott 3.35 Wogan: Now and Then 4.35 Wogan: Now and Then 5.35 Neighbours

TCM

1.00 It Started with a Kiss PG

(1959) 3.00 The Philadelphia Story U (1940) 5.05 The Merry Widow U (1952) 7.10 Torpedo Run U (1958) 9.00 Fearless 15 (1993) 11.15 Shaft in Africa 18 (1973) 1.10 Brotherly Love 15 (1969) 3.10 Son of a Gunfighter U (1966) 4.45 Teleshopping

The Disney Channel

Kids' programmes from 7am, except: 8.00 Film: Read it and Weep (2006) Family comedy, starring Kay Panabaker.

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Great British Menu (BBC2, 6.30pm)

It's frying pans at dawn time again as 14 of the nation's finest chefs battle it out in the second run of the series. The first edition sees Jennie Bond overseeing proceedings as hopefuls compete for a place in the national final by creating an original four-course menu consisting of a starter, fish course, main dish and dessert. Individuals taking part this time round are: Galton Blackiston, Sat Bains, Bryn Williams, Matt Tebbutt, Nick Nairn, Jeremy Lee, Richard Corrigan, Noel McMeel, Atul Kochhar, Stuart Gillies, Michael Caines, Mark Hix, Marcus Wareing and Mark Broadbent. But who will walk off with the prize of travelling to France and the opportunity to cook for a dinner being held by British Ambassador Sir Peter Westmacott, and his wife, Susie - an event which will be attended by some of the best French chefs around? Heats will be judged by a panel of food experts - Prue Leith, Matthew Fort and Oliver Peyton - before the public get the chance to vote for their favourites and who goes forward to cook at the banquet.

6.00 CBeebies: Fimbles. (R) (T) 6.25

The Story Makers; (R) (T) Fimbly

Songtime. (R) (T) 6.35 Balamory. (R)

(T) 7.00 In the Night Garden. (T) 7.30

Mama! Mirabelle's Home Movies. (T)

7.45 Tommy Zoom. (T) 8.00 CBBC:

Do Something Different. (T) 8.45

Arthur. (R) (T) 9.10 Mona the Vampire.

(R) (T) 9.35 Watch My Chops. (R) (T)

10.00 Best of Friends. (R) (T) 10.30

Living It. (T) 11.00 FILM: Alvin and

the Chipmunks Meet the Wolfman

(2000). Animated adventure, with

the voice of Ross Bagdasarian Jnr;

(T) Coast. (T) 12.30 Working Lunch.

(T) 1.00 Animal Park. (R) (T) 2.00

Escape to the Country. (R) (T) 3.00

Through the Keyhole. (T) 3.45 Flog It!

(R) (T) 4.30 Ready, Steady, Cook. (T)

5.15 Weakest Link. (R) (T) 6.00

Eggheads. (R) (T) 6.30 Great British

Menu. (T) 7.00 The Trees That Made

Britain. Rare apple trees. (R) (T) 7.30

MOVIES

Sky Movies 1

7.00 Snow Wonder U (2005) 8.40 Kangaroo Jack: G'Day USA PG (2004) 10.10 Suzanne's Diary for Nicholas PG (2005) 11.50 The Chronicles of Narnia: The Lion, the Witch and the Wardrobe PG (2005) Children's adventure, starring Tilda Swinton, 2.20 Snow Wonder U (2005) Heartwarming drama, starring Poppy Montgomery. 4.00 Kangaroo Jack: G'Day USA PG (2004) Animated sequel, with the voice of Ahmed Best. 5.30 The Chronicles of Narnia: The Lion, the Witch and the Wardrobe PG (2005) Children's adventure, starring Tilda Swinton. 8.00 Batman Begins 12 (2004) Comedy, starring Christian Bale. 10.25 School for Seduction 12 (2004) Comedy, starring Kelly Brook. 12.15 Closer 15 (2004) Complex romantic drama, starring Julia Roberts. 2.05 Melinda and Melinda 12 (2004) Comedy drama, starring Radha Mitchell. 4.05 Deep Family Secrets PG (1997)

Sky Cinema 1

6.00 Shadow Makers PG (1989) 8.15 Mr Music U (1950) 10.15 The Fly PG (1986) 12.00 People Will Talk PG (1951) Comedy drama, starring Cary Grant. 2.00 Shadow Makers PG (1989) Fact-based drama, with Paul Newman. 4.15 The Fly PG (1986) Vintage horror, starring David Hedison. 6.00 People Will Talk PG (1951) Comedy drama, starring Cary Grant. 8.00 Ruby 15 (1992) Crime drama, starring Danny Aiello. 10.00 The Exorcist III 18 (1990) Horror, starring George C Scott. 12.00 Ridicule 15 (1996) Period drama, starring Charles Berling. 2.00 The Holy Girl 15 (2004) Acclaimed drama, starring Mercedes Moran. 4.00 Mr Music U (1950)

Sky Movies 2

7.00 Deep Family Secrets PG (1997) 8.35 Christy: Return to Cutterm Gap PG (2001) 10.25 Sunshine - Sky Movies Special 11.25 Air Bud 2 U (1998) Adventure sequel, starring Kevin Zegers. 1.00 Howard the Duck PG (1986) Comic

strip adventure, starring Tim Robbins. 2.55 Christy: Return to Cutterm Gap PG (2001) Drama, starring Lauren Lee Smith. 4.30 Air Bud 2 U (1998)

Adventure sequel, starring Kevin Zegers. 6.10 Howard the Duck PG (1986) Comic

strip adventure, starring Tim Robbins. 8.00 Memoirs of a Geisha 12 (2005) Drama, starring Ziyi Zhang. 10.25 School for Seduction 12 (2004)

Comedy, starring Kelly Brook. 12.15 Closer 15 (2004) Complex romantic drama, starring Julia Roberts. 2.05 Melinda and Melinda 12 (2004)

Comedy drama, starring Radha Mitchell. 4.05 Deep Family Secrets PG (1997)

8.00 America's Cup Sailing 9.00 Premiership Years 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Masters Football 3.00 Premiership Years 5.00 WWE: Raw 7.00

America's Cup Sailing 7.30 Live Speedway. Oxford Cheetahs v Coventry Bees. 9.30 America's Cup Sailing 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00

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8 page pull-out supplement with useful ideas of interior design, pools, shading, cooling, heating, and much more.

Home Improvements supplement

The Portugal News
31 Mar 2007 • 33

Back to basics



DIY can seem daunting if you don't know where to begin. If you're new to decorating and about to start your first project, this supplement will help you get on your feet, filled with useful articles, advertorials, and quick questions and answers.

DIY can seem daunting if you don't know where to begin. If you're new to decorating and about to start your first project, here are some of the basics.

The first thing to learn is that good preparation is crucial to any job - and will take up most of your time.

Preparation is hard work, boring and thankless - you can have been preparing a surface for days and have very little to show for your efforts. You won't get a good end result, however, without thorough preparation. As Tony Blair might say, prepare, prepare, prepare.

Preparing Woodwork

Whether your wood is bare (untreated) or previously painted determines how you prepare it. With bare wood, the first job is to apply a coat of knot-sealing solution to each knot. This stops the resin in them bleeding through and ruining your paintwork.

The problem with bare wood is that water raises the grain, giving your paintwork a poor finish. So, instead of wiping away marks and sanding dust with a cloth moistened with water, use white spirit but be careful, as it can burn skin.

This isn't an issue with previously painted wood because the grain has been sealed by the paint.

Whatever type of surface you're painting, you must ensure that it's clean, dry, stable, grease and mark-free before you apply the paint. Stability is im-

portant - if you paint over something that could move, flake away or ruin the finish, like dust, all your hard work could be in vain.

Even if you're just touching up chipped or scratched paint, you need to sand the area first to see if any more paint comes away, then wipe clean and apply a little filler so the repair blends into the existing layers of paint. Once the filler has set, sand again, wipe clean and repaint.

If your wood is already painted, thorough sanding is crucial, particularly if the existing paint is gloss.

When sanding, you want to remove the shininess that typifies a gloss finish, thus creating a 'key' for the new paint - paint adheres much better to matt surfaces than shiny ones, so sand as much as you humanly can, preferably with an electric sander.

The doorframes, window frames and skirting boards in period properties usually have intricate beading that an electric sander won't be able to get into, so use strips of sandpaper and elbow grease instead. Sanding should also get rid of any marks and dirt. Remember to clean the wood thoroughly after sanding.

If you want to be really thorough and remove the existing layers of paint to get back to the bare wood, use a paint-stripping liquid or gel and/or heat gun, taking lots of care to protect yourself and the surrounding surfaces, as both can be dangerous.



Whether you are building your home from scratch, or just looking to renovate it, this supplement should help you in every aspect of your home.

Be prepared for stripping to take a long time and be really fiddly - you'll need a good metal scraper, as well as detail ones for the intricate areas.

Once you've knot sealed bare wood, the next stage is to apply primer, undercoat and topcoat (gloss, satinwood or eggshell), though you can get combined products that dispense with one of these stages.

By far the easiest paint to use, whichever stage you're at, is quick-drying paint. This is water-based, unlike conventional wood and metal paints, which are oil-based, so it's much easier and nicer to apply and clean up (with water rather than white spirit or turps).

Oil-based paints take an age to dry - often days to achieve proper hardness - and that's just one coat.

While they're in the (lengthy) tacky drying stage, you and your clothes can easily stick to them, as can your kids and pets, insects, dust, dirt and other household debris. Tacky paint is a disaster waiting to happen.

Quick-drying paint, however, is dry before you know it, especially if you train a heater on it or have the heating on. You can do as many coats as you need to in a day, which can be quite a lot, depending on the quality of the paint and the colour you're painting over.

A good tip is to very lightly sand and wipe clean between coats if you notice that dust and debris have got mixed up in your paintwork.

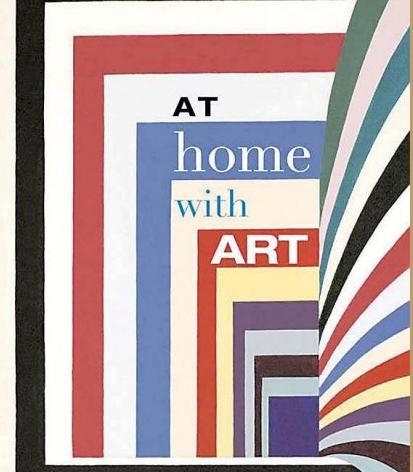
You may think that one-coat paints are a better bet than quick-drying ones, but they rarely require one coat. Major paint manufacturers like Dulux and Crown offer money-back guarantees on these products, so you do have some recourse, but this doesn't necessarily make up for the extra time and effort you've expended, and they usually cost more in the first place.

One-coat paints seem like the ideal solution to time-pressed DIYers, especially when it gets dark so early, but they often leave you disappointed.

Julia Gray

Useful book

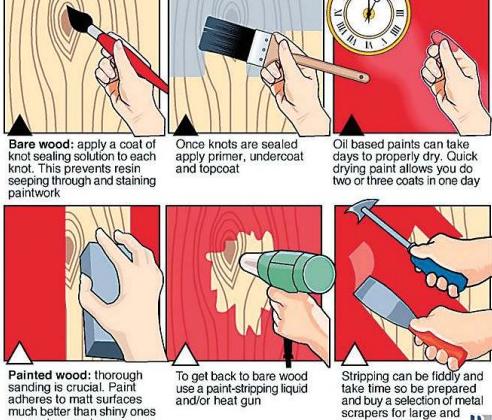
Tiddy Rowan



For those always looking to change their home and give it a modern twist, a good book to look out for is 'At Home With Art' by Tiddy Rowan. It gives fantastic ideas on how to make your home look artistic, in a modern way. Andy Warhol fans will love it. (Photo: Press Association)

DIY BASICS

Preparing wood for painting



Press Association Graphic: Graeme Park

What a good idea...

If you (or your builder) are renovating the exterior of your home, save any old bricks that have been re-

moved and, if there's enough, use them later in the year to create paving in the garden.

Adding the 'wow' factor



OZ Shade will extend your outdoor living areas with a lot of style and a minimum of fuss.

OZ Shade will change the way you think about shade. Call them now, before the weather gets hot, and the experienced team will ensure that you have a shading system this summer that is not only beautiful but beautifully effective as well.

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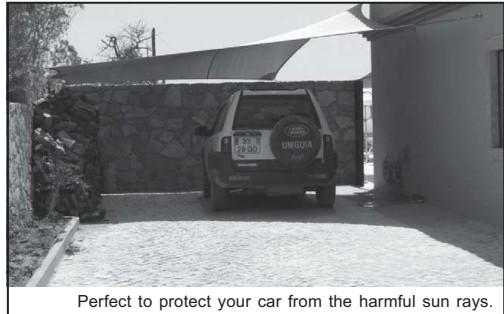
Celebrating their fifth year in Portugal this June, OZ Shade have gained worldwide recognition for their innovative designs and have been recognized as having one of the highest standards of workmanship in the shade industry worldwide.

The area created underneath an OZ Shade system is like an oasis of relaxing coolness that you will enjoy for years to come and wonder how you ever lived without it.

Do you have enough shade?

Don't leave thinking about this increasingly more important aspect of home improvement until the hot weather comes. Call OZ Shade now and get the most enjoyment possible from your outdoor living, whatever the weather, but beware! You may find it hard to stop at one! To find out more have a look at their website www.oz-shade.com or contact

OZ Shade on Tel: 282 968 322
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Perfect to protect your car from the harmful sun rays.

A plumb job for DIY fans

Undertaking plumbing work can seem pretty daunting if you're new to it, but you can save yourself a lot of money if you do some of the basics yourself and leave only more complicated work to a plumber.

If in any doubt, however, get a plumber in because doing it yourself would be a false economy, to say the least, if you end up flooding your home and/or your neighbours'.

If you are going to attempt some of the basics, start by familiarising yourself with the layout of the plumbing in your property. Knowing the location of the stopcock - the pipe that brings mains water into your home - is essential.

The location varies, but under the sink or stairs, or in the cellar are some of the most common places. It can also be outside in the front or back garden.

The mains water supply is fairly high pressure and comes in via a rising main pipe that

connects to a cold water storage tank which is usually in the attic (not all heating/plumbing systems have this arrangement - combination boilers don't need a tank).

Your kitchen sink is connected, via a pipe, to the rising main, hence it's safe to drink that water, while the other taps and connections, including the hot water tank, are supplied by a low-pressure, gravity-fed system from the attic tank.

It's useful to find out if your home has isolating valves on the low-pressure pipes to the taps, toilet and appliances.

These enable you to shut off the water to one of these without turning it off at the mains. Look next to the storage tank in the attic for these valves.

If you ever have to make repairs to your system, you'll need to know how to drain parts of it. If you want to shut off the water supply to the kitchen sink, close the stopcock on the rising main and turn on the sink tap/s to get rid of any water left in the pipes.

To do the same in the bath-

room, shut off the cold feed valve from the attic storage tank and run the bath and basin taps. If you don't have an isolating valve, you can shut off the water supply to the toilet cistern by placing a batten of wood across the top and tying the arm of the float valve to it.

If you need to drain the cistern, tie up the float valve and flush the loo.

Draining hot water taps is another matter. Start by switching off the immersion and central heating boiler, then shut off the water supply from the attic tank to the hot water tank and turn on the hot water taps to empty the pipes.

We may be having an unusually mild winter, but the occasional cold snaps can play havoc with your home's pipes. If the pipes aren't insulated, they're liable to freeze in cold weather, as they become blocked with ice, especially in the attic. Garden taps are also vulnerable to this.

You can tell if they're frozen if you turn the tap on and there simply isn't any water coming

out.

Find where the blockage is by following the run of frozen pipes and then try to thaw them out. If the pipes are copper, use a hair dryer, warming the pipes gradually and working back from the affected valve or tap.

If you have older, lead pipes, ensure you warm them evenly. And if you don't have a hair dryer, use hot towels instead. The problem with lead pipes is that they're relatively soft and can split when frozen.

If this happens, you'll need a plumber to do repairs. To prevent serious damage, do something about frozen pipes as soon as you realise they're frozen.

And to stop it happening again, insulate the pipes as soon as you can.

The easiest form of insulation to use is split foam tubes, which you simply slip over the pipes. If you've got a long, straight run of pipes, ensure you butt the ends of the tubes together and secure them with self-adhesive PVC tape.

Alternatively, you can use lagging bandage, which you

wrap round the pipes to insulate them, though this takes longer.

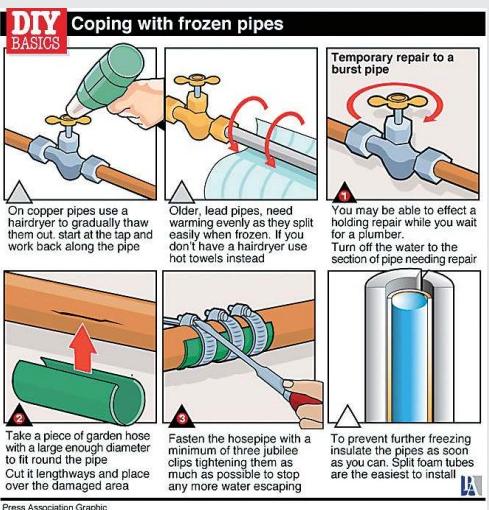
Unfortunately, of course, not all pipework is straight.

Make several cuts into a foam tube to fit it round a bend and then secure in place with PVC tape.

When pipes form a right angle, mitre the ends of the foam tubes that meet there. And when

This not only makes your home more eco, it should prevent problems occurring again, which you may or may not be able to solve yourself.

Julia Gray



Press Association Graphic

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Frontera – contemporary classics for your home

Accessories

Often a problem for many new home owners is how to furnish/ accessorise their house to turn it into a home. With the arrival of Frontera's newly-stocked shops in Ayamonte, Spain the worries are now over. As Ayamonte is only a 30 minute drive from Faro along the motorway it is easy and quick to find.

Furniture

Frontera and Outdoor Living stock high quality UK sourced furniture for both inside and outside.

Their solid, real wood furniture is made for modern contemporary living and is perfect for

homes in Portugal & Spain. Major UK brands such as Halo, Flame, Tetrad, Bentley Designs, Silentnight and BM furniture are all carried in stock.

The 2 large showrooms enable you to view the extensive ranges of furniture at your leisure. With a wide range of sofas to choose from including leather/microfibre and also sofa beds. There is a free delivery and installation service across the Algarve.

Rugs

With the majority of flooring in Portugal being tiled, either ceramic or porcelain, the winter months can be uncomfortably cold on the feet. Unlike the UK carpets are not really an option, however a nice wool rug could be the perfect solution. Coming in a wide range of sizes and designs they are great for any lounge or bedroom to brighten up and give warmth to the room. A good quality rug will last a lifetime and can be easily rolled up and stored under a bed if necessary during the warmer summer months.

Pictures and mirrors

Just like rugs a picture can do as much for a room and give it a really warm and homely feeling. Cheap prints are all well and good but for just a little bit more why not go for an original piece of artwork in

your own choice of frame. Again a wide variety of sizes and styles are available to suit all budgets.

Kitchens

All kitchens need the essentials and at Frontera there is now a huge choice of UK brands to choose from, even sets of Anthony Worrell Thompson saucepans. Good quality knives and cutlery are a must to avoid constantly replacing them – Viners, a major UK brand are a great choice. As they are a stock item anything can be replaced singularly if they go walkies after guests have stayed.

All of the kitchen utensils needed are stocked by Frontera and so you can call in and buy at anytime.

Decoration

All sorts of items can transform a house into a home – vases, bowls and sculpted ornaments are an essential part of your new holiday home. From modern to classics at Frontera there is an abundance to choose from.

Frontera and Outdoor Living's accessories and furniture shop is situated on Avda Ramon Y Cajal, Block 12, B, Ayamonte, Spain.

It also stocks a wide range of outdoor furniture and BBQ's.

The main Frontera interior furnishing store is situated near to the ferry on the river front in Ayamonte, Spain next to Super Sol.



Pictures and mirrors can give a room a really warm and homely feeling.



halo

Frontera and Outdoor Living stock high quality UK sourced furniture for both inside and outside.



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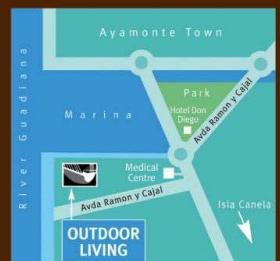
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Outdoor Living
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It's worth your while reconsidering your method of water treatment this summer.

Get ready for summer



Another summer season is almost here, time to uncover the swimming pool, and clean, repair and check the filtration system.

It's worth your while reconsidering your method of water treatment.

The use of chlorine manually applied actually works out to be the most expensive due to the ever increasing costs of all the chemicals. Added to this are all the health and environmental risks, the cancer risk, asthma in children, the damage to your garden and wildlife and even to the sewage treatment systems. The gas escaping when you open a can of chlorine can be highly dangerous. The damage to your plumbing, motors, valves and pool covers can cost a fortune, even worse if you have a liner or glass-fibre pool.

Look at the alternatives U.V. or Ultra-Violet radiation is unsuccessful because there is no residual effect so it has to be used in conjunction with chlorine or ionisers. The cost of maintenance and replacement lamps is high and so is energy consumption.

Salt-water systems are only automatic chlorine machines. All the same problems are present as in a manual chlorine pool but because in the higher summer temperatures the evaporation rate of chlorine is so high you will have to run your pumps for enormously extended periods to produce sufficient steriliser.

Thank goodness now we have copper-silver ionisers that auto-

matically inject these two metals into your water, providing algae-free, bacteria-free water that you can drink.

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AMI 6902

Julia Gray

QUICKFIX - short answers to tricky questions

Q: The previous owner of my home was told she couldn't have a combination boiler because of the pipes. I'm now living there and am keen to have a combi installed. I thought everyone could have one - am I right?

A: Unfortunately, not every home can accommodate a combi without all the pipes being replaced. Many older pipes can't take such a high-pressure system, so get a second opinion from a reputable plumber, but be prepared to be disappointed. Replacing the pipes is another option, but this will be very expensive and disruptive.

Go green with Novambiente

Novambiente Lda. was founded in 1989. They provide a professional service for Consulting, Planning and Installation of central heating systems and solar energy systems; hot water systems and pool heating.

In co-operation with their clients and their fully qualified engineer each system or solution is designed to meet the specific needs of their customers.

Their trained staff ensure the highest standards of product, installation and service.

There are some details to be clarified if you want to put in a house heating system:

Heat Demand: which depends on the building materials used (windows, insulation, construction of walls and roof).

Heat Distribution: a low temperature system needs large heating areas (e.g. under floor heating, wall heating). It is a slowly working system, which needs more time to heat up the room. But the heat loss is less. A system working with higher temperature needs smaller heating areas (e.g. radiators), but requires a higher temperature and entails higher heat loss. It is a quicker working system.

Way of Heat Production:

- Solar energy, gas heater, oil

stove, wood burner, electrical energy (e.g. heat pump).

Solar energy is suitable for a low temperature working system, but it needs always a back-up for days without sun.

Gas boiler and oil-stove (fuel) can be used in either low or high temperature working systems.

A wood burner (with back boiler) can be used in both systems but should be connected to a storage tank in case of an under floor heating.

Electrical energy should be applied for heating only and be used together with a heat pump. Otherwise it would not be wise in terms of ecology and economy.

All heating systems can be installed in combination. But this cannot be explained in a brief description, because it depends on the client's requests and on the architectural house conditions.

For free estimates - if necessary after a local visit, contact Novambiente. They try hard to realize your ideas!

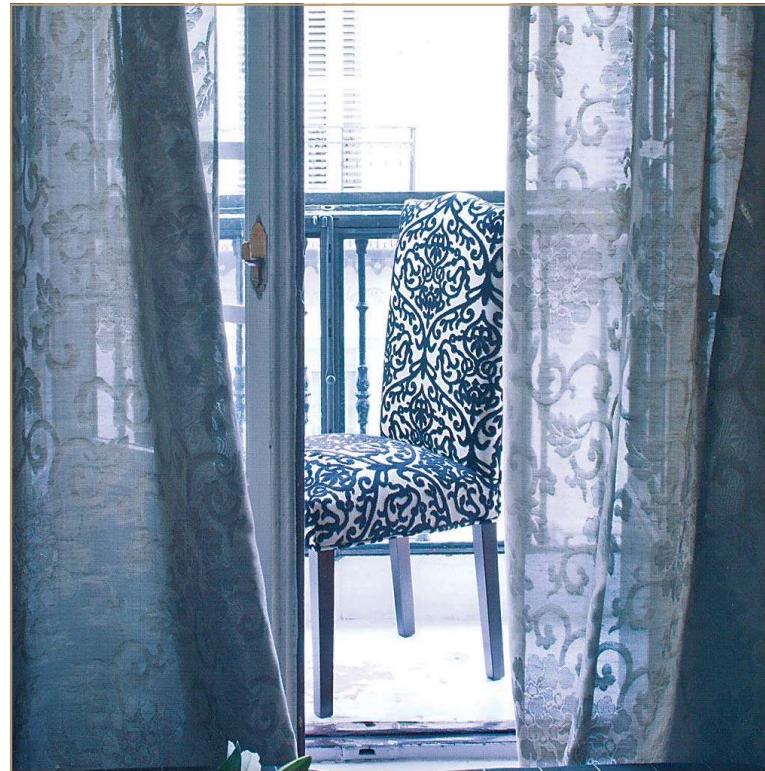
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KA International Lagos - Fabulous fabrics and indulgent interiors



A direct descendant of the acclaimed Spanish chain KA International, the Lagos-based boutique is a sanctuary for anyone who is passionate about soft furnishings. Stocking thousands of different fabrics, in any number of colours, patterns and materials, the store also offers the latest in home interior decoration and dressing courtesy of a personalised and professional customer service.



Made-to-measure fabrics such as curtains, swags, drapes are another KA specialist service, and weatherproof outdoor fabrics for garden furniture accessories are also available.

for, then KA International Lagos boasts a stunning selection of children's fabrics, as well as curtain poles, rugs, tables, and a beautiful selection of lamps.

And if it is a full-on interior design package you are looking

vide stunning results and a unique interior design.

For more information, contact KA Lagos on: (+351) 282 782 311, fax: 282 782 392, or e-mail: kalagos@mail.telepac.pt. Alternatively, see website:

www.ka-international.com, or pop in to the shop up the road opposite Lagos LIDL, the first turning to your left, open Monday to Friday, 10h00 – 13h00 and 14h30 – 18h30, and Saturdays 10h00 – 13h00.



Lda.

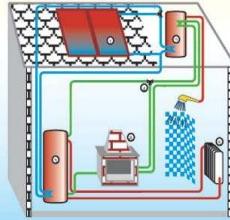
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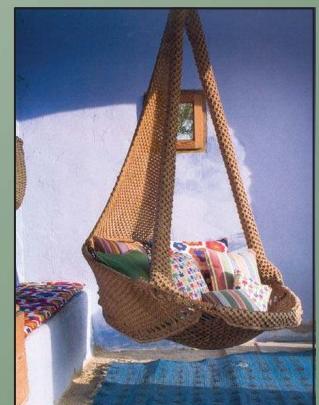
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Leaders in decoration





Swimming pools, although fun for children, can also be a place of danger. For this reason, Pure Pools recommends 'BabySecur' fencing, acknowledged by specialists as one of the most user-friendly safety fences available.

Pure Pools, providing peace of mind



With summer on its way, the swimming pool is starting to look more and more inviting. But how safe is your pool? With numerous pool drownings taking place each year, pool safety is something to be taken very seriously. Make the most of your pool this summer, in the safest way possible.

Based in Lagos, Pure Pools are swimming pool specialists with over 15 years' experience. The company provides a service that is second to none, supplying pool safety products and equipment of the highest standard, as well as an efficient maintenance and pool repair service.

For the past few years, stressing the importance of pool safety has become one of the company's main concerns, and Pure Pools strives to keep abreast of the latest EU regulations.

Swimming pools, although fun for children, can also be a place of danger. Backyard pool drownings are quick and silent, and, tragically, take place all too frequently.

For this reason, Pure Pools recommends 'BabySecur' fencing, acknowledged by specialists as one of the most user-friendly safety fences available.

Once installed this easy-to-use fencing creates a see-through bar-

rier and provides a long-term alternative to other standard pool safety products.

Hard-wearing, sturdy, and efficient all year-round, the fencing opens to the pool via a gate and safety latch that can only be operated by an adult. This means that whilst some family members swim, other smaller family members can remain safely out of water's way.

Established in 1992 by Peter Wolstenholme, Pure Pools was later joined by Peter's brother Stephen. Together they have applied their expertise in engineering and electronics to provide a more accurate and extensive service than ever before.

The company's Air Energy Heat Pumps are the best on the market, extremely economical and as standard include a titanium heat exchanger (with a 10 year guarantee), digital control, phase protection relay, and an automatic defrost function.

Where pool hygiene is concerned, the benefits of salt chlorination are well documented. Pure Pools have been using the Clearwater Salt Chlorination Systems for the last ten years and recommend them as the most reliable.

Covers in all shapes, sizes, and materials, both automatic and manual, can be chosen from the company, as well as a large range of relaxing indoor and outdoor spas and hot tubs, which Pure Pools also install.

Low power consumption LED (Light Emitting Diode) lights are also available providing a reliable way to illuminate your pool.

For more information contact Pure Pools on (+351) 282 760 033, mobile: 919 517 868, fax: 282 760 034, or e-mail: info@purepools.com.

Alternatively see their comprehensive website: www.purepools.com or call into their Lagos showroom.

Preparation key to painting success



Maybe, when vegging out on the sofa at the weekend, you notice a few problems here and there and want to know what went wrong. Many DIY disasters are the result of poor or no preparation, or not using high quality or the right tools and materials.

Preparation is essential to good DIY, which is a shame because it's boring and time consuming, but has to be done - and done well - nevertheless. Here are some common painting problems and how you can avoid them next time.

Flaking

Paint often flakes with age but if your paint isn't that old, there will be other causes. A common one is poor surface preparation - painting over things like dust, dirt and grease is a no-no. Surfaces should, almost always, be repaired, sanded and cleaned thoroughly.

If you live in a period property that hasn't been decorated for years and years, flaking paint may be caused by distemper (an old-fashioned glue or size-based paint). To test for distemper, wet the surface with water and wait to see if the paint peels away - distemper will. Get as much of it off as you can with water and a scraper, then seal the rest with a couple of coats of plaster sealer.

Seeing double

If you can see the paint you've painted over through the coats of paint you've recently applied, you probably used the wrong undercoat or no undercoat at all. Other causes include brushing the paint out too much, thinning the paint too much and not stirring the paint adequately, which is especially important with oil-based

paints because they separate.

Dull gloss

If your gloss isn't glossy enough, paint that's too thin or has been over brushed may, again, be the cause. Alternatively, it may be that you haven't allowed the gloss to dry properly between coats - or that you've painted in a room that's too cold, which will also slow down the drying process.

Similarly, hairline cracks can appear in emulsion if you've applied the paint too thickly or in moist conditions, for example if you're steaming off wallpaper nearby.

Runs and wrinkles

These also happen when the paint is applied too thickly and isn't brushed out properly. To solve the problem, leave the paint to dry for at least a week,

then rub down with good quality sandpaper and start again. The same applies if your paint is blistering, the cause of which is probably you painting a wet surface or onto paint that's soft, old or peeling.

Specks in paint

These are usually caused by dust and debris getting into the paint can, onto the brush, roller or paint pad and onto the surface you're painting, so ensure you clean everything thoroughly before you start. Contaminated paint is particularly a problem if you're painting outside because the wind whips up all sorts of debris. Get round this by putting a small amount of paint into a paint kettle and working from that, so all the

paint isn't ruined if the kettle becomes contaminated.

If you're painting skirting boards, it's easy to pick up dust and debris from the floor below, so clean the floor thoroughly and then cover the edges with masking tape or a paint guard. Also, regularly check your brush, roller or paint pad for specks (and wipe clean as and when necessary), make sure your paint can lid isn't dirty when you replace it, because it can easily pick up dust if left lying around, and don't wear clothes that deposit lots of fluff near drying or wet paint.

If there's debris in your paint can, try scooping it out with a piece of stiff cardboard or plastic.

Yellowing

Yellow stains occur when you've painted over bare wood but haven't sealed the knots, allowing the resin in them to bleed through. Knot sealing is really quick and easy to do and shouldn't be overlooked. If you have, you need to strip off all the paint and start again. Yellowing can also happen on radiators painted white - always use special heat-resistant radiator paint - and with some clear varnishes - look out for those that say they're non-yellowing.

Like most DIY, painting can be a bit of a minefield but it basically boils down to a few simple rules and a lot of common sense.

Julia Gray

Pure Pools

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Chic shacks



Once the sole preserve of men and their tools, sheds are becoming a hip urban retreat from family life. We discover how to make your shed a chic shack.

That 'out of sight, out of mind' storage space for garden gear is increasingly being put to imaginative and versatile uses, from extra living space to workshops and home offices.

It's a trend that's becoming so popular that celebrities, including Zoe Ball and TV interior designers Colin McAllister and Justin Ryan, created 'designer sheds', at the Ideal Home Show.

Zoe proved sheds have stopped being solely a male preserve with her pink-painted Girly Garden retreat.

"I went for a cosy look, but with lushness too, all whites and soft dusky pinks, mirrored side tables and beautiful pale pink silk curtains with embroidered cream flowers," she says.

"It's feminine, nostalgic and evokes the era of my favourite films - Casablanca and Rebecca - with my original film posters on the walls."

Colin and Justin celebrated

their Scottish roots with a contemporary spin on a hunting lodge theme. They used tartans, tweeds and skins as well as chairs and a chandelier made from antlers.

"Think more 21st century Braveheart than shortbread tin or white heather club!" says Colin.

TV chef James Martin turned his into a mini kitchen, and DJ Neil Fox devoted his shed to a pampering repair room for his pride and joy - his Harley Davidson motorbike.

So take another look at that dingy, cobwebby, dark cavern filled with old bicycles and a lawnmower.

With a bit of tender loving care, and minimal expense, that shed could easily be turned into a garden sanctuary.

SHED FACTS

- A well-kept shed can add up to 5% to the value of a property.

- The Zoological Museum, now part of London's Natural History Museum, was begun by Walter Rothschild at the age of seven in a garden shed.

- Wallace & Gromit's adventures, *The Wrong Trousers*, *A Close Shave* and *Curse Of*

- the Zoo.

- Simply disguise the ugly felt roof of the shed with bamboo screening, available on long rolls from garden centres.

- Add a trellis of thick bamboo canes up the side and another of thinner canes across the window.

- Inside have a bench, incense burner and some Eastern style cushions, and conjure the mood with a sweet scented jasmine and a bamboo plant nearby.

Gabrielle Fagan

The Were-Rabbit, were written by Bob Baker in his garden shed in Oldbury-on-Severn, Gloucestershire.

Shed lovers can visit a dedicated website, www.readersheds.co.uk, where you can post a picture of your shed, or join a chatroom for other sheddists.

SHED STYLE

Don't worry about perfection in your shed - after all this is somewhere you want to chill and relax and not worry about cleaning and tidying.

So keep it simple, use easy-wash, cotton-print fabrics for curtains and throws, a second-hand chair (who cares if it's losing its stuffing!) and a fold-up wooden garden table.

Accessorise with prints or posters or maybe some colourful flag bunting.

Hang up a clock so you know what time to make tea, add a few cushions and hey presto - you've got a sanctuary.

'CABBAGES AND ROSES'

Love faded vintage fabrics and goodies like china and enamel ware harking back to yesteryear? Company 'Cabbages and Roses' is a treasure trove full of goodies for jazzing up the shed.

GO EAST

A Japanese-inspired shed is one of the suggestions in a new book, 101 Ways To Make More Space [BBC Books].

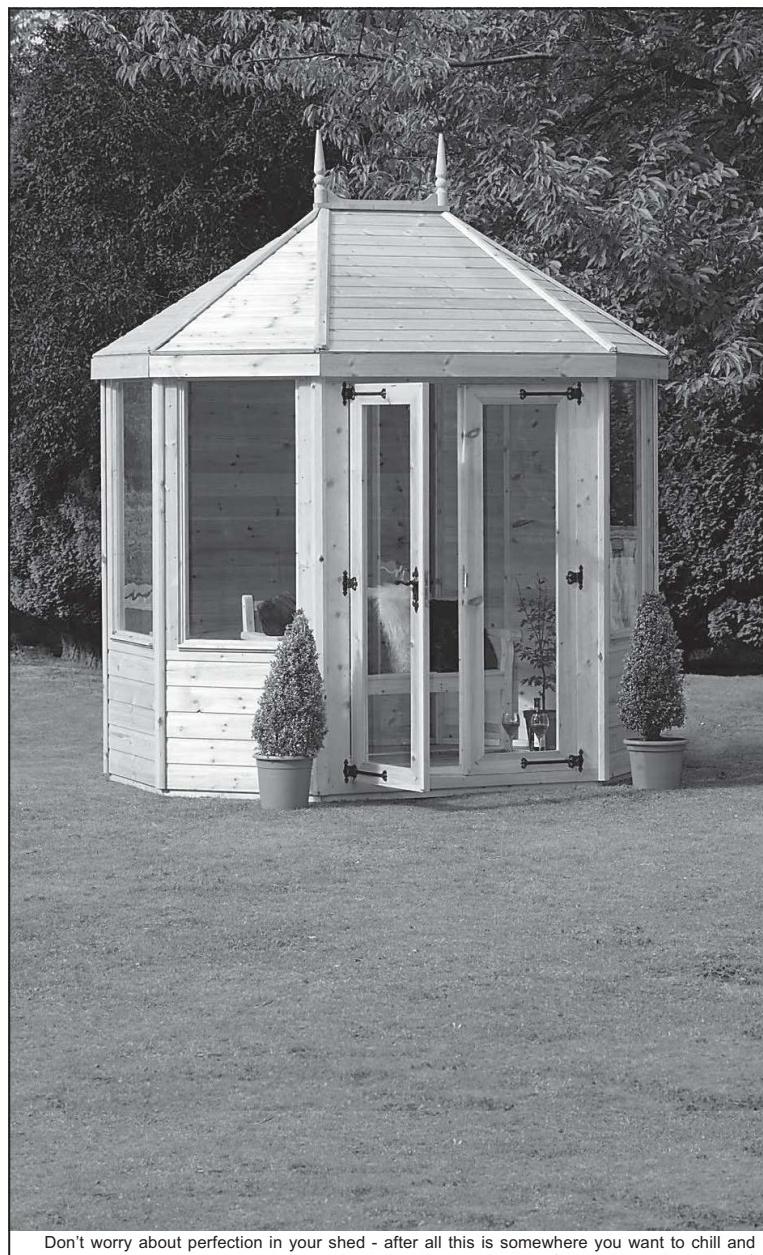
Author Julie Savill says: "Put a simple shed in a quiet corner of the garden and turn it into a tranquil summer house and it could be the ideal place to escape and chill out."

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Add a trellis of thick bamboo canes up the side and another of thinner canes across the window.

Inside have a bench, incense burner and some Eastern style cushions, and conjure the mood with a sweet scented jasmine and a bamboo plant nearby.

Gabrielle Fagan



Don't worry about perfection in your shed - after all this is somewhere you want to chill and relax and not worry about cleaning and tidying. (Photo: Press Association)



QUICK FIX - short answers to tricky questions

Q: I've just moved in with my friend and we seem to have different ideas about decorating. We've got woodchip wallpaper in a couple of the rooms and she just wants to paint it for now so it's nice for when family visit us, but I don't think that will improve the look of it very much. Who's right?

A: The problem with woodchip, of course, is the unsightly texture. It's great for covering up uneven walls but won't win any prizes for aesthetics - and painting it isn't going to change that.

Also, painting walls takes more time than you think, plus paint isn't cheap, so it's a waste

of time and money not to do the job properly - and you'll only want to redo it.

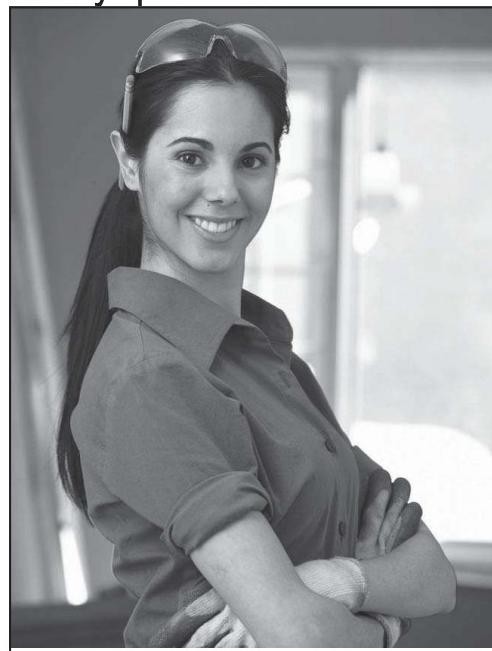
Because you don't know what state the walls are in underneath and because woodchip can be hard to get off, wait until you have more time and can do everything by the book - the results will look so much better.

In the UK...

Q: I have original Victorian coving in my living room but no decorative ceiling rose. To be authentic, should I fit one?

A: Not all rooms in Victorian homes had ceiling roses, but if you've got the coving, there was probably a rose there at one time.

To fit a replacement rose easily and safely, choose a hard resin or polyurethane one because plaster roses are heavy and so dangerous if not fitted to professional standards.



Quick fix your problems. (Photo: Press Association)

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Tenniscourt fence renewals

Steelwork;
Home fence;
and more...

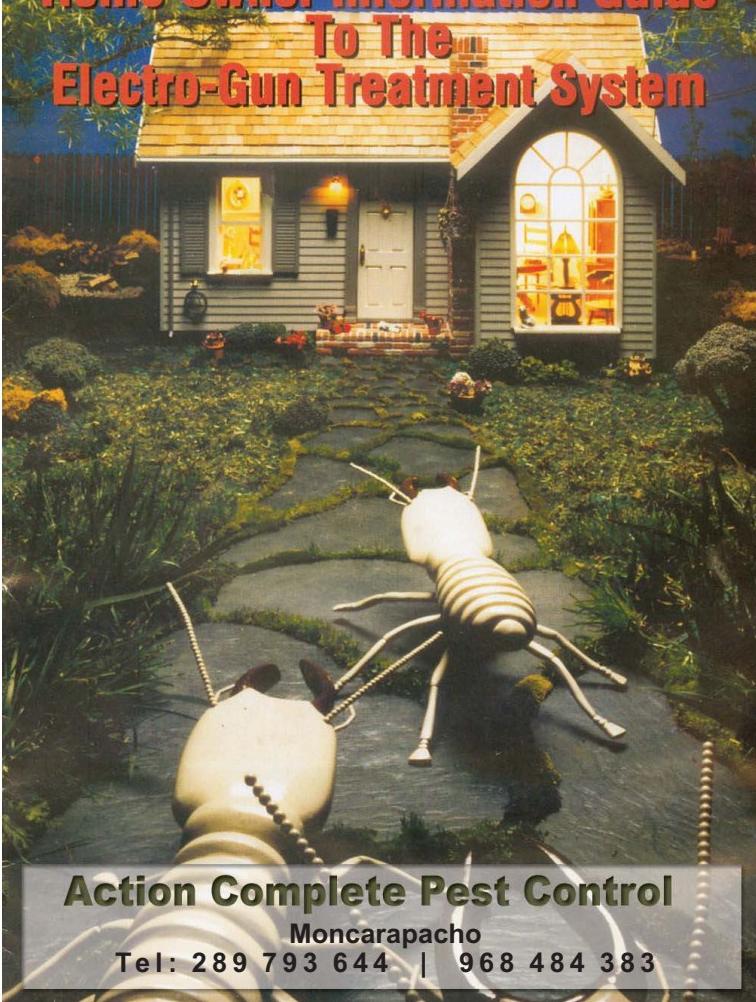
Your request is our bequest!

Free quotations or work samples by e-mail kockfencing@sapo.pt. Call 282 338 694, 938 515 589, 932 868 804 or 933 883 040 for more information.



Don't fumigate your house. Call Action Complete Pest Control to find out other, non-toxic, alternatives, to get rid of termites.

Home Owner Information Guide To The Electro-Gun Treatment System



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Get rid of your unwanted guests



Now in its fourth generation, the Electro Gun is an innovative, technically intricate, hand-held electronic system that combines high frequency and high voltage to overcome wood's natural resistance to electrical current flow. Utilizing four US patented designs, this system allows electrical current to penetrate wood and flow into galleries and nests of dry wood termites, killing them by electric shock.

The Electro-Gun System is not to be confused with any of those electronic 'plug-in' devices you may have seen on TV or in magazine ads that supposedly rid your house of all insect pests. This system has studies confirming that it does work.

The studies

In the infancy of the Electro-Gun's development and design, extensive research and tests were conducted by one of the nation's leading entomologists Dr Walter Ebling, Professor Emeritus, University of California and author of 'Urban Entomology'. More recently, research and testing was conducted at the University of California, Berkeley, by one of the nation's foremost experts on dry wood termites, Dr Vernard Lewis.

In Dr Lewis' research and study, a mock structure was conducted to simulate the conditions found in a typical home. Naturally-infested as well as ar-

tificially-infested wood was placed in different areas of the attic, interior and sub-floor. His tests proved that when used according to the manufacturer's instruction and guidelines, the Electro-Gun was 98% effective in killing all the dry wood termites in the structure.

Toxic products

It is a fact that the public has growing concerns of toxic products in their home. The Electro-Gun has no toxins, unlike fumigation. After all, ridding your home of dry wood termites

should be a life and death issue only for the termites, not the homeowners or the environment. For over 28 years, the Electro-Gun has been used to successfully treat and kill dry wood termites in thousands of homes as well as nursing homes, hospitals, hotels, condominiums, apartments and even historical landmarks.

For more information on how to get rid of those nasty termites, call Action Complete Pest Control in Moncarapacho on 289 793 644 or 968 484 383.



The Electro-Gun System

The best of stone



Your bathroom could look like this too.

Rococco can supply traditional wall and floor coverings to Retro Metro Style.

They work on a close working relationship with their customers, offering an effective service that is almost as unique as their products.

No matter how large or small

your project, they are committed to excellence with knowledge and enthusiasm in equal measure, and will help you achieve your desired ambience.

They specialise in everything from mosaics, cobbles and flags, limestone, mouldings, stone bath wear, slate, sandstone and schist, porcelain, ceramic sanitary wear,

marble, ceramic, fabrication, terracotta, fireplaces, wall plaque and travertine.

You can find Rococco on Rua Direita, Praia da Luz in Lagos. Call 282 764 035 or 967 839 114 or alternatively, e-mail Rococcostone@msn.com or visit www.roccostone.com.

TUE

BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (R) (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.00 50/50. (R) (T) 4.30 The Slammer. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Frazer's brother turns up out of the blue, just as Rosetta arrives to declare her feelings for him. Katya suffers a brutal attack, while Lou brings Lolly home to stay. (T) BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T) 7.00 Orangutan Diary. Michaela Strachan and Steve Leonard try to teach some baby orangutans how to behave in the wild, but when a virus spreads through the centre, they fear some of them may not survive. Comes tomorrow. (T)

7.30 EastEnders. Stella waits anxiously for a proposal as Peggy and Minty work on convincing Phil. May's anger spills into violence, while Rob and Dawn flaunt their new relationship - but Jane has a suggestion for revenge. Billy is let down again by Ian, and Dot finds an unlikely ally. (T)

8.00 Holly City. Faye is concerned about Kyla when she sees bruises on her back, while Joseph becomes jealous when he discovers Diane slept at Sam's place after a night out. Diane gets the chance to prove she can lead the team when a major incident comes into AAU, but is left stunned when she looks for support after criticism from Ric. (T)

9.00 Life on Mars. Sam and the rest of the CID unit get to work in an effort to prove Gene's innocence when he becomes a suspect in a murder case. However, as the investigation continues, further evidence is stacked up against Hunt that leads to a conclusion that rocks the very foundations of the detective's already fragile world. John Simm and Philip Glenister star. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 One Life. Richard Mace investigates the findings of recent Government statistics which have found that a quarter of married British women have walked down the aisle with a man much younger than themselves. He explores what brings these people together, as well as how their relationships have occasionally come at a price. (T)

11.15 Amazing Grace - The True Story of the Song. The history of the song. (T)

12.05 Cricket World Cup; (T) Weatherview. 1.10 Sign Zone: See Hear. (R) (T) 1.55 Sign Zone: The Hairy Bikers Ride Again. (R) (T) 2.25 Sign Zone: Seaside Rescue. (R) (T) 2.55 Sign Zone: An Island Parish. (R) (T) 3.25 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



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3 APR

Pick of the Day

Big Ideas That Changed the World (five, 7.15pm)

Written and presented by the Reverend Jesse Jackson, this opening edition of the new run of the documentary strand looks at the issue of equality. Working alongside Martin Luther King Jnr, Jackson was one of the most important voices in the civil rights movement in the 1960s. He twice ran for president in the 1980s and has spent his life fighting for individual's rights. Sadly, and although things have come on a long way since his quest began, he still feels there is a more to be done, and he believes America took a step backwards with the election of George W Bush. Referring to it as the 'the first organised theft of a national election in history', he also reckons the US Government abandoned the black population in the wake of Hurricane Katrina. Here, he looks back at how the brutal murder of black teenager Emmett Till by a gang of white men, and the now infamous refusal of Rosa Parks to give up her bus seat for a white man, galvanised a generation.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 The Story Makers; (R) (T) Firmly Sotime. (R) (T) 6.35 Balamory. (R) (T) 7.00 In the Night Garden. (T) 7.30 Mama Mirabelle's Home Movies. (T) 7.45 Tommy Zoom. (T) 8.00 CBBC: Do Something Different. (T) 8.45 Arthur. (R) (T) 9.10 Mona the Vampire. (R) (T) 9.35 Watch My Chops. (R) (T) 10.00 Best of Friends. (R) (T) 10.30 Living It. (T) 11.00 FILM: Old Yeller (1957). Disney adventure, starring Dorothy McGuire; (T) Coast. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (R) (T) 2.00 Escape to the Country. (R) (T) 3.00 Through the Keyhole. (T) 3.45 Flug It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 The Apprentice. Business-based reality show. A fresh crop of budding entrepreneurs battle to win a job with multimillionaire Alan Sugar and learn how to amass a personal fortune. (R) (T) 8.00 The Underdog Show. Celebrities train dogs for a competition. (T) 9.00 Horizon. An award-winning pianist's life with Tourette's. (T) 9.50 Red Stag Rut. Documentary charting the wildlife spectacle that occurs in the New Forest each autumn. The majestic male red deer roar and clash antlers in an epic fight for control of the females. (R) (T) 10.00 The Underdog Show. The third pair leave the competition. (T) 10.30 Newsworld. (T) 11.20 The Secret World of Haute Couture: BBC Four on BBC Two. (T) 12.20 BBC News 24. 2.00 BBC Learning Zone. (T)

C4

6.05 Making It. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 8.55 T4: The OC. (R) (T) 9.55 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 10.55 T4: Musicool. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Heavy Petting. (R) (T) 12.35 FILM: The Return of the Musketeers (1989). Swashbuckling adventure, starring Oliver Reed. (T) 2.25 Life Begins Again. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Busker Symphony. How a man found the job he loves. (T) 8.00 Selling Houses Abroad. Property expert Andrew Winter meets a couple who bought an olive mill in a remote part of Italy, only to become sick of the long distance commute and life on their own. (T) 9.00 Get Your Act Together with Harvey Goldsmith. The promoter tries to help an opera company. (T) 10.00 Eunuchs. An insight into castration, a procedure undergone by thousands of men across the US and Europe every year, asking what effect the operation has on the masculinity of those that have it done. (T) 11.05 Kidnapped. (T) 12.45 Poker Nations Cup. 1.45 Freesports on 4. (R) 2.15 KOTV Classics. (T) 3.10 World Cup Skating. (R) 4.10 Freesports on 4. (R) 5.05 Water Stories. (R) (T) 5.10 Scrappy Races Rally. (R) (T)

FIVE

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Franny's Feet. (R) (T) 6.40 The Clangers. (R) (T) 6.50 Hi-Hi. (T) 7.20 The Beeps. (R) (T) 7.35 Little Princess. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Mio Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Diet Doctors: Inside and Out. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.45 FILM: Is There Life Out There? (1994). Drama, with Reba McEntire. (T) 3.35 five news update. (T) 3.40 FILM: Ordinary Miracles (2005). Premiere. Emotional drama, starring Jaclyn Smith. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 Big Ideas That Changed the World. New series. Jesse Jackson examines equality; (T) 7.15 five news update. 8.00 The Anastasia Mystery: The True Story. The 1918 murders of the Russian royal family; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. The team travel to Grissom's news. (T) 10.00 CSI: Miami. Delko witnesses a bank robbery that ends in a shootout when one of the culprits attempts to rape a girl, and the team discover similarities between the crime and a video game; (T) 11.00 five news update. 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Arrest and Trial. (R) (T) 12.25 Arrest and Trial. (R) (T) 12.50 NBA Basketball. Memphis Grizzlies v Sacramento Kings (Tip-off 1.00am). 4.20 Kickboxing: Now Is the Time - Night of Combat. 5.10 Rolex Grand American.

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Los Ricos Tambien Lloran 1505 Choque Terapy, film 1715 Lingo 1800 Portugal em Directo 1915 O Preço Certo 2000 News 2315 Year of the Gun, film

RTP2
0730 Zig Zag, cartoons 1400 Sociedade Civil 1530 Portugal Um Retrato Ambiental 1600 Entre Nós 1630 Euronews 1700 Mundos Flutuantes 1730 Discovery Hour 1830 Afé dos Homens 1900 2010 1945 Zig Zag 2045 yes Dear 2115 Discovery Hour 2200 News 2230 Without a Trace 2330 Por Outro Lado

SIC
0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Film TBA 1530 Contacto 1715 Floribela 1900 Sinhá Moça 2000 News 2115 Floribela 2215 Cobras & lagartos 2215 Jura 0015 Desperate Housewives 0215 Bang Bang 0315 Ganância TV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 Ricki Lake 3.25 The Jeremy Kyle Show 4.30 Sally Jessy Raphael 5.15 Sunshine 5.45 Judge Judy 7.00 The Planets' Funniest Animals 7.30 American Idol 8.30 American Idol 10.00 Wags' Boutique 10.00 Film: The Bourne Supremacy 12 (2004) 12.05 Film: The Mummys Bad 12 (1999) 2.25 Glitterball; ITV Play 4.00 Teleshopping 6.00 Close Sky One

BBC3

7.00 Honey We're Killing the Kids

Revisited 7.30 Help! My Dog's

as Fat as Me 8.00 Castaway: The

Last 24 Hours 8.30 The Real

Hustle 9.00 F*** Off, I'm Ginger

10.00 EastEnders 10.30 Ideal

Family Guy 11.20 Family

Guy 11.45 Two Pints of Lager

and a Packet of Crisps 12.15 Two

Pints of Lager and a Packet of

Crisps 12.45 F*** Off, I'm Ginger

1.40 Ideal 2.10 Two Pints of

Lager and a Packet of Crisps

2.40 Two Pints of Lager and a

Packet of Crisps 3.10 F*** Off,

I'm Ginger 4.10 Close

BBC4

7.00 Wedding Rites: In Sickness

and in Health 8.00 The World 8.00

Weather 8.30 Never Mind the

Full Stops 9.00 The League of

Gentlemen 10.00 Life on Mars

11.00 Never Mind the Full Stops

11.30 Wedding Rites: In Sickness

and in Health 12.30 Cooking in the

Danger Zone 4.00 Close

ITV1

1.00 Stay Away, Joe (1968)

3.00 The Yearling (U) 5.25

Tick Tick Tick PG (1970) 7.20 The

Law and Jake Wade U (1958)

9.00 The Detective 15 (1968)

11.10 The Hill PG (1965) 1.30

Sitting Target 15 (1972) 3.10 The

Secret Partner PG (1961) 4.45

Teleshopping

The Disney Channel

Kids' programmes from 7am,

except: 8.00 Film: Life is Ruff

PG (2005) Family comedy,

starring Kyle Orlando Massey.

MOVIES

Sky Movies 1

7.10 Jungle Boy PG (1993) 8.40 Scooby Doo in Where's My Mummy? U (2005) 10.00 A Cinderella Story PG (2004) 11.40 Roll Bounce PG (2005) Nostalgia comedy, starring Bow Wow. 1.35 Jungle Boy PG (1993) Adventure, starring David Fox. 3.05 Scooby Doo in Where's My Mummy? U (2005) Animated adventure with the voice of Frank Welker. 4.25 A Cinderella Story PG (2004) Romantic comedy, starring Hilary Duff. 6.05 Roll Bounce PG (2005) Nostalgic comedy, starring Bow Wow. 8.00 Casanova 12 (2005) Romantic drama, starring Heath Ledger. 10.00 The Man 12 (2005) Comedy, starring Samuel L. Jackson and Eugene Levy. 11.30 Blade: Trinity 15 (2004) Horror sequel, starring Wesley Snipes. 1.30 Lords of Dogtown 15 (2005) Skateboarding drama, starring Heath Ledger. 3.30 Being Julia 12 (2004) 5.30 Sky Movies News

Sky Movies 2

6.00 A Young Connecticut Yankee in King Arthur's Court PG (1994) 7.40 A Father's Son PG (1999) 9.20 The Dinosaur Hunter PG (2000) 11.00 Air Bud: World Pup U (2000) Family comedy, starring Kevin Zegers. 12.40 A Young Connecticut Yankee in King Arthur's Court PG (1994) Adventure, starring Philippe Ross. 2.20 A Father's Son PG (1999) Biopic of actor Laurence Olivier. 8.00 Funny Bones 15 (1995) Comedy drama, starring Lee Evans. 10.10 An Innocent Man 18 (1989) Gritty thriller, starring Tom Selleck. 12.10 The Tingler 15 (1959) Shockers, starring Vincent Price. 1.40 Funny Bones 15 (1995) Comedy drama, starring Lee Evans. 3.55 The Chaplin Revue U (1959)

Sky Cinema 1

Michael Landon, John Schneider stars. 4.00 The Dinosaur Hunter PG (2000) Adventure, starring Simon MacCorkindale. 5.40 Bean 2 - Making Of 6.10 Air Bud: World Cup Pup U (2000) Family comedy, starring Kevin Zegers. 8.00 Dark Water 15 (2005) Spine-tingling horror remake, starring Jennifer Connelly. 10.00 Goat 12 (2005) Sporting drama, starring David Fox. 3.05 Scooby Doo in Where's My Mummy? U (2005) Animated adventure with the voice of Frank Welker. 4.25 A Cinderella Story PG (2004) Romantic comedy, starring Hilary Duff. 6.05 Roll Bounce PG (2005) Nostalgic comedy, starring Bow Wow. 8.00 Casanova 12 (2005) Romantic drama, starring Heath Ledger. 10.00 The Man 12 (2005) Comedy, starring Samuel L. Jackson and Eugene Levy. 11.30 Blade: Trinity 15 (2004) Horror sequel, starring Wesley Snipes. 1.30 Lords of Dogtown 15 (2005) Skateboarding drama, starring Heath Ledger. 3.30 Being Julia 12 (2004) 5.30 Sky Movies News

Sky Cinema 2

6.00 The Chaplin Revue U (1959) 8.00 Fantastic Voyage PG (1966) 9.50 The Conqueror 1.45 Rebecca PG (1940) Romantic melodrama, starring Cary Grant. 2.00 Oscar-winning sci-fi adventure, starring Raquel Welch. 3.50 The Conqueror U (1956) Historical epic, starring Charlton Heston. 5.45 Rebecca PG (1940) Romantic melodrama, starring Cary Grant. 7.00 Casanova 12 (2005) 8.00 The Devil's Own 1.45 The Siege 1998 9.00 The Siege 1998 10.00 The Siege 1998 11.00 The Siege 1998 12.00 The Siege 1998 13.00 The Siege 1998 14.00 The Siege 1998 15.00 The Siege 1998 16.00 The Siege 1998 17.00 The Siege 1998 18.00 The Siege 1998 19.00 The Siege 1998 20.00 The Siege 1998 21.00 The Siege 1998 22.00 The Siege 1998 23.00 The Siege 1998 24.00 The Siege 1998 25.00 The Siege 1998 26.00 The Siege 1998 27.00 The Siege 1998 28.00 The Siege 1998 29.00 The Siege 1998 30.00 The Siege 1998 31.00 The Siege 1998 32.00 The Siege 1998 33.00 The Siege 1998 34.00 The Siege 1998 35.00 The Siege 1998 36.00 The Siege 1998 37.00 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WED

BBC1

6.00 Breakfast. (T) 9.15 Animal 24:7. (R) (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Car Booty. (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC; Lazy Town. (R) 3.50 The Clamp Twins. (R) 4.00 50/50. (R) 4.30 The Slammer. (R) (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Paul is furious when Janelle rejects his offer to buy her share of Lassiter's and sets out to exact revenge, while Karl's suspicions about Lolly grow. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Orangutan Diary. Michaela Strachan deals with a crisis at the rescue centre as a newly arrived baby fights for its life, but there is good news as her favourite orphan Lomor starts to make some progress. Steve Leonard lends a hand at the forest school, where young orangutans learn skills to equip them for life in the wild, but is it for a surprise when a female goes into labour at the back of the centre. Continues tomorrow. (T)

7.30 Inside Out England. (T)

8.00 Watchdog. Topical reports and investigations that fight for the rights of the consumer, with Nicky Campbell and Julia Bradbury. (T)

8.30 Car Wars. New series. Documentary following Manchester's elite Tactical Vehicle Crime Unit as they attempt to catch gangs who use stolen cars to commit burglaries, robberies and ram raids. The team hunt down one of the city's most violent criminals, but get more than they bargained for when they uncover his whereabouts. (T)

9.00 The Apprentice. The entrepreneurs battle to win a job with multimillionaire Alan Sugar and learn how to make it in the commercial world. This week, they undertake a task involving dog accessories, and must use their stamina, intelligence and cunning to avoid being fired by their ruthless boss. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 The National Lottery Draws. The balls are set rolling to decide the all-important numbers. Hosted by Craig Doyle. (T)

10.40 New Street Law. Jack and Laura defend a man accused of murdering a burglar, with the CPS determined to label the incident as racist. Meanwhile, Charlie's client sees his neighbour. Last in series; (T) National Lottery Update.

11.40 Cricket World Cup. The ninth game of the Super Eight stage. (T)

12.45 FILM: Up the Front (1972). Wartime comedy, starring Frankie Howerd; (T) Weatherview. 2.15 Sign Zone; Jimmy's Farm Diaries. (R) (T) 2.45 Sign Zone; The Retreat. (R) (T) 3.45 Sign Zone; My Life as a Child. (R) (T) 4.15 Sign Zone; Women on Fire. (R) (T) 4.45 BBC News 24. (T) 5.00 Cricket World Cup. (R) (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 The Story Makers; (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 In the Night Garden. (T) 7.30 Mama Mirabelle's Home Movies. (T) 7.45 Tommy Zoom. (T) 8.00 CBBC: Do Something Different. (T) 8.45 Arthur. (R) (T) 9.10 Mona the Vampire. (R) (T) 9.35 Watch My Chops. (R) (T) 10.00 Best of Friends. (R) (T) 10.30 Living It. (T) 11.00 FILM: The Bad News Bears (1976). Comedy, starring Walter Matthau. (T) 12.35 Golf: Masters Official Review. (T) 1.30 Working Lunch. (T) 2.00 Escape to the Country. (R) (T) 3.00 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Golf: Masters Preview. A look ahead to the first Major of the season. (T) 7.30 Rick Stein's Food Heroes. Herd celery and monkfish. (R) (T) 8.00 Neneh and Andi - Dishing It Up. New series. Neneh Cherry and Andi Oliver share recipe ideas. (T) 8.30 Sweet Baby James. New series. Chef James Martin's guide to desserts. (T) 9.00 Natural World. New series. The story of Toki the cheetah. (T) 9.50 Eagle Valley. Bald eagles in Alaska. (R) (T) 10.00 The Apprentice: You're Fired! Interview with the show's freshly rejected candidate. (T) 10.30 Newsnight. (T) 11.20 Louis Theroux - The Most Hated Family in America. (R) (T) 12.20 FILM: Trees Lounge (1996). Black comedy, starring Steve Buscemi. (T) 1.50 The Witness. (R) (T) 2.00 BBC Learning Zone. (T)

THU

BBC1

6.00 Breakfast. (T) 9.15 Animal 24.7. (R) (T) 10.00 Homes Under the Hammer: (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Car Booty. (R) (T) BBC News; Weather. (T) 12.15 Cash in the Attic. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Diagnosis Murder. (R) (T) 3.20 BBC News; Weather. (T) 3.25 CBBC: Lazy Town. (R) (T) 3.50 The Cramp Twins. (R) (T) 4.00 50/50. (R) (T) 4.30 The Underdog Show on CBBC. (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T)

5.35 Neighbours. Paul's desperation leads him to sink to a new low in his scheme against Janelle, while he teaches Elle a lesson in loyalty by throwing her out of the house. Lolly's attempts to stir up trouble between Rachel and Stingray backfire, and Karl tries to persuade Lou of his daughter's delinquency. (R) (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 Orangutan Diary. Orphans Grendon and Ellie continue to make progress, and even troubled Lomon makes great strides in the "Forest School" classes. However, the day is blighted when Steve Leonard travels to a village where a baby orang-utan is being held illegally - and an emotionally charged rescue takes place. Concludes tomorrow. (T)

7.30 EastEnders. Dot is still annoyed with Jim for asking Yolande to help out at the launderette, and news arrives from Sonia, while Peggy realises Stella is hoping for a quick wedding and arranges a champagne reception as a surprise. May has plans to ruin Rob and Dawn's future. (T)

8.00 Waterloo Road. Ambitious Lyndsay Woodham steals the limelight during the interviews for head teacher, leaving Jack as the underdog, while Kim tries to get to the root of the problem when Dale Baxter plays truant. An after-hours drink gives Jack the chance to announce he and Davina have moved in together, but the party mood is dashed when Lorna delivers news of her own. Jason Merrells and Michelle Heaton star. (T)

9.00 Hotel Babylon. Charlie has more than his fair share of trouble when his relationship with Rebecca turns Jackie green with envy. As he tries to keep the peace, his brother Dan turns up - with the heavies hot on his heels. Meanwhile, a wine taste-off suggested by wealthy Mrs Klein (Jerry Hall) leaves James confessing he has lied to his friends, and Ben trying to save his colleague's reputation. (T)

10.00 BBC News at Ten O'Clock. (T) 10.30 Regional News; Weather. (T)

10.35 Live Golf: The Masters. Further coverage of the opening round at the Augusta National. (T)

12.00 FILM: A Vow to Kill (1994). Drama, with Richard Gere; (T) Holiday Weather. 1.35 Sign Zone: Panorama. (R) (T) 2.05 Sign Zone: Return to Lullingstone Castle. (R) (T) 2.35 Sign Zone: Mission Africa. (R) (T) 3.05 Sign Zone: Sleep Clinic. (R) (T) 3.35 Sign Zone: Women on Fire. (R) (T) 4.05 BBC News 24. (T)



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5 APR

Pick of the Day

The Mark of Cain (C4, 9pm)

At a particularly poignant time, following the recent four-year anniversary of the commencement of the ongoing war, this moving drama from Bafta-award winning writer Tony Marchant hits all the right spots as it portrays a group of young British soldiers stationed in the country. It depicts two young privates posted to Basra in 2003, 18-year-old Shane Gulliver (Mathew McNulty) and Mark 'Treacle' Tate (Gerard Kearns), who are keen to prove they're out there to make a difference. However, their rules of engagement as peace-keeping troops confront them with complex situations as the pair are forced to make life-threatening decisions in an environment more brutal than any training could ever have prepared them for. As they experience the reality of war and the intricate moral dilemmas of soldiering for the first time, the two return to England not with the heroic stories they had hoped for, but instead armed with uncomfortable and disturbing memories. As they try to adapt to life back in Blighty, they are faced with betrayal in their own camp and the events that result as a consequence ensure their lives are changed forever.

BBC2

C4

FIVE

6.00 CBeebies: Fimbles. (R) (T) 6.25 The Story Makers. (R) (T) 6.35 Freshly Squeezed. 7.30 Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 In the Night Garden. (T) 7.30 Mama Mirabelle's Home Movies. (T) 7.45 Tommy Zoom. (T) 8.00 CBBC: Do Something Different. (T) 8.45 Arthur. (R) (T) 9.00 The Underdog Show on CBBC. (T) 9.25 Mona the Vampire. (R) (T) 9.40 Kryton the Superdog. (R) (T) 9.50 Watch My Chops. (R) (T) 10.00 Best of Friends. (R) (T) 10.30 Living It. (R) (T) 11.00 FILM: Three Ninjas: High Noon at Mega Mountain (1998). Comedy adventure, starring Hull Hogan; (T) Coast. (T) 12.30 Working Lunch. (T) 1.00 Animal Park. (R) (T) 2.00 Escape to the Country. (R) (T) 3.00 Through the Keyhole. (T) 3.45 Flap It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Weakest Link. (R) (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 My Life as a Child. Girls face the consequences of their parents' actions. (T) 7.30 Sleep Clinic. Preventing a man's loud snoring. (R) (T) 8.00 The Hairy Bikers Ride Again. Sultry tangos and barbecue bites in Argentina. (T) 8.30 It's Not Easy Being Green. Building a rainwater harvesting system. (T) 9.00 Live Golf: The Masters. Gary Lineker hosts coverage of the opening day of the first and most prestigious Major of the year, staged at arguably the most recognisable golf club in the world, the Augusta National in Georgia. (T) 10.30 Newsnight. (T) 11.20 Desi DNA. (T) 11.50 FILM: The Hotel New Hampshire (1984). Comic fantasy, starring Beau Bridges. (T) 1.35 BBC News 24. 2.00 BBC Learning Zone. (T)

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Just Shoot Me. (R) (T) 8.55 T4: The OC. (R) (T) 9.55 T4: Friends. (R) (T) 10.25 T4: Friends. (R) (T) 10.55 T4: Musicool. (R) (T) 12.00 News at Noon. (T) 12.30 FILM: This Happy Breed (1944). Patriotic drama, starring Celia Johnson. (T) 2.30 Life Begins Again. (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The Busker Symphony. Buskers perform a symphony. Last in series. (T) 8.00 A Place in the Sun. Amanda Lang helps a couple search for a weekend retreat in Andalusia on a budget of #80,000, urging them to snap up a bargain or risk losing out in the fast-moving Spanish market. (T) 8.30 Chaos at the Chateau. Ann and David Darrell's hotel is now up and running, but lack of official paperwork and the arrival of a government inspector leave them trying to hide the fact that they are open. (T) 9.00 The Mark of Cain. One-off drama about British soldiers serving in Iraq. (T) 10.50 FILM: Shallow Grave (1994). Acclaimed thriller, starring Ewan McGregor. (T) 12.35 4Music Presents: My Chemical Romance. (R) (T) 1.05 FILM: Sleepwalkers (1992). Stephen King horror, starring Madchen Amick. (T) 2.40 Animal Farm. (R) (T) 3.40 Dispatches: Undercover Prisoner. (R) (T) 4.35 The Insider: Britain's Throwaway Soldiers. (R) (T) 5.05 3 Minute Wonder: War Torn. (R) (T) 5.10 Countdown. (R) (T)

6.00 Milkshake! Tickle, Patch and Friends. (T) 6.25 Franny's Feet. (R) (T) 6.45 The Clangers. (R) (T) 6.55 Hi-5. (R) (T) 7.25 The Beeps. (T) (T) 7.35 Little Princess. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (H) (T) 8.40 Old Bear Stories. (R) (T) 8.50 Miss Mao. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 Colin and Justin's How Not to Decorate. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.45 FILM: Gunfight in Abilene (1967). Western, starring Bobby Darin. (T) 3.25 five news update. (T) 3.30 FILM: Chuka (1967). Western, starring Rod Taylor. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Everybody Hates Chris. (R) (T) 7.00 five news. (T) 7.15 Colin and Justin's How Not to Decorate. An orange-painted living room; (R) (T) 7.15 five news update. 8.00 Ann Maurice: Interior Rivalry. The contestants tackle lifeless rooms; (T) 8.00 five news at 9. 9.00 House. A cancer specialist is brought in for treatment. (T) 10.00 Shark. Stark is immediately suspicious of a surgeon whose wife has gone missing. He conducts an illegal search of the man's home and finds blood on the carpet. James Woods stars. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 Football Night. 1.00 French Football. 2.00 Dutch Football. 3.30 Football Argentina. 5.10 Football Argentina Highlights.

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 0900 Natal dos Hospitais 1300 News 1415 Natal dos hospitais 2000 News 2100 Grande Entrevista com Henrique Granadeiro 2145 Contra Informação 0045 A Muder In Announced, film 0400 Telesaless 0605 Nos 0625 Boletim das Pescas

RTP2

0700 Magazine 0720 Mostral 0730 Zig Zag cartoons 1400 Sociedade Civil 1530 Portugal, Um Retrato Ambiental 1600 entre Nós 1630 Euronews 1700 National Geographic 1730 Discovery Hour 1830 Fé dos Homens 1900 Initiative 1945 Zig Zag 2045 Yes Dear 2145 Discovery Hour 2200 News 2230 The Twilight Zone 2330 A Revolta dos Pastéis 0100 All the President's Men, film 0530 Euronews

SIC

0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Laços de Família 1530 Contacto 1715 Floribela 2045 News 2000 News 2145 Cobras & Lagartos 2215 Jura

TVI

0700 Diário Da Manha 1000 Vocé na TV 1300 News 1400 Inspector Max 1500 Anjo Selvagem 1600 Quem Quer Ganha 1800 Morangos com Açucar 2115 Morangos Com Açucar 2215 TVI Gala 0015 Dr House 0130 Cartaz das Artes 0430 CSI

BBC3

7.00 Spendaholics 8.00 Castaway: The Last 24 Hours 8.30 Rush Hour 9.00 My Big Breasts and Me 10.00 EastEnders 10.30 The Real Hustle 11.00 Conning the Conmen 11.30 Two Pints of Lager and a Packet of Crisps 12.00 Two Pints of Lager and a Packet of Crisps 12.30 My Big Breasts and Me 1.25 The Real Hustle 1.55 Conning the Conmen 2.25 Two Pints of Lager and a Packet of Crisps 2.55 Close

BBC4

7.00 Sounds of the Sixties 7.10 The Avengers 8.00 The World Weather 8.30 Chelsea Pensioners: Once a Soldier 9.00 Soul Britannia 10.00 Classic Soul at the BBC 11.00 Soul Britannia @ the Barbican 12.00 Chelsea Pensioners: Once a Soldier 12.30 Never Mind the Full Stops 1.00 Cooking in the Danger Zone 1.30 The Waiting Room 2.00 Living with the Future 2.30 Soul Britannia 3.30 Chelsea Pensioners: Once a Soldier 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 Ricki Lake 3.25 The Jeremy Kyle Show 4.25 Sally Jessy Raphael 5.10 Airline USA 5.40 Judge Judy 6.30 Wags' Boutique 7.30 Film: The Mummy Returns 12 (2001) 10.00 Deadline 11.00 Supernatural 12.00 Sally Morgan: Star Psychic 1.00 Deadline 2.00 Make Your Play; ITV Play 4.00 Teleshopping 6.00 Close

Sky One

1.30 Futurama 2.00 Malcolm in the Middle 2.30 Malcolm in the

Middle 3.00 Brainiac: Science Abuse 4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Stargate Atlantis 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 The Simpsons 10.00 Cold Case 11.00 Cold Case 12.00 Brainiac: Science Abuse 1.00 Stargate Atlantis 1.50 Very Worst 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Stargate SG-1 5.10 Star Trek: Voyager

UKTV Gold

1.00 Keeping Up Appearances 1.40 dinnerladies 2.20 My Family 3.00 The Thin Blue Line 3.40 Alistair McGowan's Big Impression 3.50 Only Fools and Horses 5.00 The A-Team 6.00 Doctor Who 7.00 Only Fools and Horses Top 4.00 Moments 9.00 Jim'll Fix It Strikes Again 9.30 TV Now and Then 10.15 Only Fools and Horses 11.20 Men Behaving Badly 12.00 Jim'll Fix It Strikes Again 12.35 TV Now and Then 1.15 Have I Got 2001 for You 1.50 The House of Elliott 2.45 Friday Night with Jonathan Ross 3.40 Wogan: Now and Then 4.35 The House of Elliott 5.35 Neighbours

TCM

3.00 Welcome to Hard Times PG (1967) 4.55 Ride, Vaquero! U (1953) 6.45 Little Women U (1949) 9.00 Yentl PG (1983) 11.30 The Rounders PG (1965) 1.05 Alfred the Great PG (1969) 3.20 The Oklahoma Kid U (1939) 4.45 TeleShopping

The Disney Channel

Kids' programmes from 7am, except: 8.00 Film: Cheetah Girls U (2003) Family comedy, starring Raven-Symone 15 (2005) With

MOVIES

Sky Movies Drama

6.35 Anastasia: The Mystery of Anna 8.15 A Walk in the Clouds PG (1995) 10.00 The Village 12 (2004) 11.50 Vanity Fair PG (2004) With Reese Witherspoon. 2.15 Anastasia: The Mystery of Anna 3.55 A Walk in the Clouds PG (1995) With Keanu Reeves. 5.40 Vanity Fair PG (2004) With Reese Witherspoon. 8.00 The Village 12 (2004) With Joaquin Phoenix. 10.00 Closer 15 (2004) With Jude Law. 11.50 Kinsey 15 (2004) With Liam Neeson. 2.00 Mermaids 1.30 Sarah Laine. 3.40 Melvin and Howard 12 (1980) 5.25 Anastasia: The Mystery of Anna

Sky Movies Comedy

6.25 Bean PG (1997) 8.00 Max Rules: Adventures of a Superspy U (2005) 9.30 Melinda and Melinda 12 (2004) 11.15 Bean PG (1997) With Rowan Atkinson. 12.50 Meet the Fockers 12 (2004) With Ben Stiller. 2.50 Wedding Crashers 15 (2005) With Vince Vaughn. 4.50 Max Rules: Adventures of a Superspy U (2005) With William D. B. 6.20 A Very Brady Sequel 12 (1996) With Shelley Long. 8.00 Wedding Crashers 15 (2005) With

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ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Midmorn Murders. (R) (T) 3.00 Daily Cooks. (T) 3.59 London Weather. (T) 4.00 Agatha Christie's Poirot. (R) (T)

5.00 Soapstar Superchef. Coronation Street and Hollyoaks actors take part. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Perdy tells Katie she's pregnant before taking a fall that causes her to suffer another miscarriage. Grayson learns of the accident and races to the hospital, where doctors reveal his wife needs an emergency hysterectomy to save her life. Debbie fumes when Scott asks her to buy Kelly a present and she goes out of her way to cause trouble at the engagement party. Harry is impressed by his performance of his racehorse and makes plans to enter it in a race - in spite of Jonny's advice. Meanwhile, Alan's disappointed by the progress of the floats for the village pageant. (T)

7.30 Live UEFA Cup Football. Sevilla v Tottenham Hotspur (Kick-off 7.45pm). The first leg of this quarter-final encounter comes from the Estadio Ramon Sanchez Pizjuan, where Martin Jol's Spurs take on the current holders. (T)

10.00 Corrie In the Dock. Phillip Schofield narrates as Coronation Street actress Kate Ford takes a look at Tracy Barlow's murder trial, while a number of other Weatherfield favourites remember their characters' courtroom storylines. Mark Eden discusses how Alan Bradley walked free from the dock, Charlie Lawson spills the beans on Jim McDonald's errant son Steve, and Anne Kirkbride remembers the campaign to free Deirdre Rachid from her wrongful imprisonment. (T)

10.30 ITV News; Weather. (T)

11.00 Q-Cars - Robbery Squad. The unmarked Metropolitan Police teams intervene when two armed men are reported to have broken into a north London flat, and investigate a vicious late-night theft - suspecting the evidence may lie at the bottom of a drain. Just minutes after a robbery takes place, two officers and the victim scour the streets for the perpetrator, a technique that has doubled detection rates.

11.30 Hancock's Half-Time. Nick Hancock and Sarah-Jane Mee present a round-up of the week's football action, news and gossip.

12.00 UEFA Cup Football. (T) 1.00 Make Your Play; ITV News Headlines. 4.10 Make Me Perfect. (R) (T) 5.00 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 You're on Sky Sports! 7.00 America's Cup Sailing 7.30 Total Rugby 8.00 World Cup Cricket 9.00 Transworld Sport 10.00 World Cup Cricket 11.00 Transworld Sport 12.00 Total Rugby 12.30 Live America's Cup Sailing. The third day of the Valencia Louis Vuitton Act 13. 5.00 FIFA Futbol Mundial 5.30 Live Boots 'n' All Special. Widnes Vikings v Leigh Centurions (Kick-off 6.00pm). 8.00 Live Super League 1.00 Masters Football 1.00 Super League 3.30 The Rugby Club 5.00 America's Cup Sailing

Sky Sports 2

6.00 Aerobics Oz Style 6.30 High Altitude 7.00 Aerobics Oz Style 7.30 High Altitude 8.00 Watersports World 9.00 America's Cup Sailing 9.30 Irish Greyhound Racing 10.00 Pool 11.00 Pool 12.00 Irish Greyhound Racing 12.30 European Tour Weekly 1.00 Pool 2.00 Pool 3.00 Sports Unlimited 4.00 European Tour Weekly 4.30 Total Rugby 5.00 WWE Special 6.00 The Rugby Club 7.30 Live Premier League Darts. The 10th round at the BICC in Bournemouth. 11.00 Netball 1.00 The Rugby Club 2.30 Masters Football 5.30 Close

Sky Sports 3

6.00 Close 12.00 Masters Football 3.00 Bass Fishing 4.00 High Altitude 4.30 Race 4.00 World 5.30 NBA Action 6.00 Netball 8.00 British Motocross Championship 9.00 The Rugby Club 10.30 ATP Tennis 11.00 High Altitude 11.30 NBA Action 12.00 Race World 1.00 British Motocross Championship 2.00 Premiership Years 4.00 Netball

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Bowling news



The inter club bowls competition finals were held at the Clube de Bowling at Parque da Floresta on Saturday 24th March which brought to a conclusion a well-contested and friendly session of matches held over the last few months.

The final of the singles between Brian Gill and Max Hodges was hotly contested for in the early stages with Brian pulling clear to win in the latter stages of the game.

The pair's final was contested between Ed Keighley and Jack Brammer against Ken Catherall and Ron Nutter. Ken and Ron proved to be too powerful opponents with the win going in their favour. The triples final was played in an exciting atmosphere between Cath and George Wood and Max Hodges against John Woodworth, Ken Catherall, and

Ed Keighley. This game was hotly contested with Ed's team gaining victory.

The Two wood final was played out in good spirit between Bev Forshaw and George Wood with George winning on the day.

Now in its second year the Ladies' Championship singles was contested by Jan Collins and Josie Bell with Jan Collins winning. Both parties played this game at an earlier venue due to UK commitments.

Janice Clarke presented some very handsome club trophies to the victors together with some

fine engraved individual trophies for all finalists. Janice congratulated all the winners and commiserated with the losing finalists, praising all who participated for their sportsmanship and spirit in which the competition was held. All members agreed that this year was an exceptional year for all who participated in the bowling at the club.

Members look forward to renewing the competition for next season.

For more information contact Janice at the Clube de Bowling on 282 695 924



The inter club bowls competition finals at Parque da Floresta

South American Wine Evening

On Friday evening, 23rd March, an enthusiastic group of 72 Wine Society members gathered together for an informative, yet fun, evening of tasting some fine wines from Chile and Argentina.

The venue was the Garbe Hotel, Armacão de Pêra, and following an introduction of Brian Ford, our expert for the tastings, by Erla Walther, President of the Society, Brian explained the importance of these two countries on

the world stage of wine production. Whilst they have always made wines, it is only relatively recently that everyone is sitting up and taking notice of the high quality and consistency of the wines coming out of Chile and Argentina. Members were shown maps of the wine regions, and we were given some interesting facts such as Chile is 3,000 miles long, yet only 100 miles wide, but with the Andes running the whole length of the wine growing areas,

the vines are both protected from severe weather conditions and disease and irrigated at the same time. In fact the most perfect climate in the world for viniculture. Mendoza in Argentina, the other side of the mountains, whilst in a higher altitude, enjoys similar excellent growing conditions.

Then it was down to the serious business of tasting. Three whites and four reds were offered from the vineyards of Vina Casa Silva in the Rapel Valley in Chile and Finca Flichman – now an associate of Sogrape, Portugal – from Argentina. Taste buds were challenged and titillated by first a peachy oaked Chardonnay, to a lighter very drinkable apricot, mango tasting Chardonnay/Semillon, a beautiful zingy, lemony Sauvignon Gris (a new grape discovered only 10 years ago in Chile), and then onto the reds – an Argentinian Syrah with its gorgeous liqueur, spicy flavour, a Carmenere Reserva, unique to Chile, an inky dark wine full of dried fruit aromas (and at 14% our most alcoholic wine of the evening), finishing with velvety smooth Malbec – a great favourite – to a Cab Sauv/Carmenere full of dark berry fruits and violet aromas. Brian gave members the expected retail prices to pay and where to shop, with WineMine being the source of many of these wines.

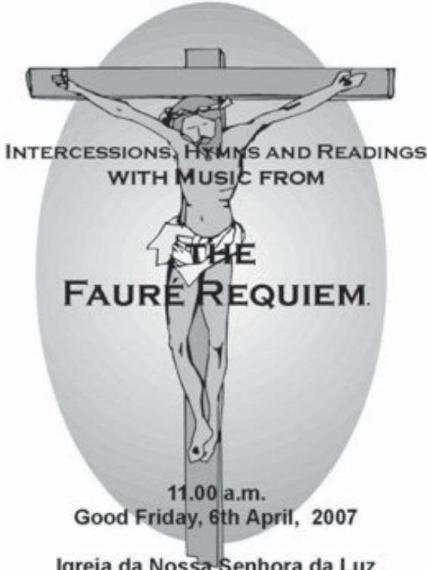
A four course dinner followed in the hotel's Restaurant featuring roast lamb and some fine cheeses, and two further wines were served with the meal, a creamy white Viognier from Argentina and a delicious Cabernet Sauvignon from Chile. Conversation flowed along with the wine, a raffle was held, and many happy wine lovers retired to bed, replete with good food and wine and happy with the knowledge that tonight they had discovered a fascinating new corner of the wonderful world of wine.

If you are interested in purchasing any of the wines mentioned, call WineMine on 282 441 036 or e-mail them: mail@winemine.net

For further information about The Algarve Wine Society contact Larry Hampton, Secretary, at hampton@mail.telepac.pt



St. Vincent's Anglican Chaplaincy
Luz



English church services in Caldas da Rainha

Anglican church services have been taking place in Caldas da Rainha. The services are generally conducted by The Rev. Michael Bullock, the Chaplain of Greater Lisbon, now assisted by Verna Verite, who was appointed to be a Reader last year. Hence they are associated with the Lisbon Chaplaincy, of which

Caldas is now an outpost.

The form of the services is usually very similar to Evensong. They take place at 6:00pm on the first Sunday evening of each month. Although the numbers in the congregation started small, they are beginning to increase.

The church buildings in which the services take place belong to

the Evangelical Baptist Church of Caldas, located in a narrow street between the railway station and the town centre.

Coincidentally, the pastor of the Baptist church is also an Englishman, Alan Pallister. He heads a team which leads Baptist worship in Portuguese on Sunday mornings and at other times.

Celebrate Easter at one of these Churches Together in the Algarve

The International Evangelical Church
PALM SUNDAY
Communion Service: 10:30am.
GOOD FRIDAY
Service: 2pm.
EASTER DAY
Easter Sunrise Service and Breakfast
(contact Pastor Peter Sluimer
for details on 289 328635)
Easter Family Service: 10:30am.
Vale Judeu (along the EN125 near Vilamoura):
Please call for further information
289 328635



International Community Church
GOOD FRIDAY
Prayer meeting and Good Friday
Reflection 8pm at the church
EASTER DAY
Sunrise Service (He is Risen)
6.30am on Dona Ana Beach
Please join us for this very special
time
Bacon Sarnies back at the church
afterwards!!!!!!
Easter Day Family Celebration 11am
at the church.
Urbanização Vila Praia Dona Ana,
Lote 11B 8600, Lagos (Near Hotel
Golfinho).
See our web site for more details
www.icc-lagos.org

All Saints Anglican Church
PALM SUNDAY
Celebration Eucharist led by Bishop Colin Bazley
MAUNDY THURSDAY 5 April 6.30 pm
Celebration of the Last Supper
GOOD FRIDAY 6 April 2.00 pm - 3.00 pm
Meditations and Hymns
EASTER DAY 8 April 10.30 am
Easter Eucharist with Crèche and Adventurers
Community Centre
ALMANCIL
For directions, call 282 380 311 any time
www.all saints algarve.org

International Christian Fellowship
EASTER SUNDAY
Easter Family Service 11 am
Fun for the whole family
Avda. 25 de Abril, 17
Portimão, tel 282 461 985

Tavira Christian Centre
GOOD FRIDAY
Meditation and Communion 10.30 a.m.
EASTER SUNDAY
Celebration with Communion 10.30 a.m.
Both events at Tavira Christian Centre,
126, Rua Almirante Cândido Reis, Tavira.
More details phone Pastor Jackie King
on 281322857

For He is risen indeed!

Oasis of hope for Madeira's strays

They have known only neglect or abuse in their young lives. Now in the safety of the Funchal headquarters of SPAD (Sociedade Protectora dos Animais Domésticos), the unwanted strays of Madeira wait patiently yet eagerly for one last chance of a new life.

In all colours and sizes (smaller animals are easier to re-home because of the shortage of private gardens on Madeira) the abandoned dogs wriggle in delight as they greet their human visitors. Most are beautiful to look at, but more importantly, almost all are friendly and trusting. None seems to harbour ill-will towards humans – the very species, which caused them so much suffering before they found temporary sanctuary here.

The sad truth is that not all

these lovely animals will enjoy a happy future with caring owners. Of the 3,500 stray cats and dogs taken in by SPAD each year, fewer than half find new homes. The lucky ones go to local families or start new lives abroad – perhaps in Germany, Scandinavia or the Netherlands, where Madeiran strays are particularly valued for their happy, affectionate dispositions. Relatively few will go to the United Kingdom, because would-be British adopters tend to lack the necessary commitment and determination to navigate the “red tape” which still exists there. SPAD is the third oldest animal protection organisation in Portugal, having been founded in 1897. It is a private institution associated with the RSPCA and also a public utility service whose main objective is the direct protection of animals (in particular, abandoned ones).

There is accommodation for 150 strays in the municipal kennel at Sítio do Vasco Gil, which is under SPAD’s management by arrangement with the Municipality of Funchal. Of the 11 municipalities on Madeira, only Funchal has its own kennel, a deficiency which SPAD is seeking to change. Suzette Steyn has been the Administrator of SPAD for 10 years.

Originally from South Africa, she has lived on Madeira for 18 years.

Explaining the work of the Society, she says: “Here at SPAD, we are opposed to the euthanasia of healthy animals. Our budget is limited and, in certain circumstances, such as incurable/contagious disease or accidents, euthanasia might be necessary. Furthermore, we try not to keep any animal caged for more than one year”.

Suzette continues: “There is cruelty to animals on the Island. In rural areas, in particular, there is an uncaring attitude. Animals are not normally kept as pets by country people. Poisoning is a major problem here and even when cases of animal abuse go to court, the fines are very low – Euros 250 was the largest penalty imposed so far.”

Suzette has this advice for owners of animals which fall victim to poison. “Give them a drink of strong, salty water. If they cannot be saved, bring the bodies to SPAD so that post mortem examinations can be carried out to ascertain the source of the poison”.

As Suzette speaks, a small white poodle sits contentedly on her lap. The rapport between the two is obvious. The dog is one of five personally adopted by Suzette from among the strays taken in by SPAD. Describing the education programmes which SPAD runs in schools, Suzette says:

“The present generation of Madeirans is lost to us – people of courage will never change their attitude towards animals. The future lies with the youngsters. We hold four-day courses in animal welfare for children aged between 12 and 17. First they learn the theory and then they come here to gain practical experience of working with animals.”

SPAD operates a veterinary clinic, a cattery, lodging and grooming facilities, all the proceeds of which go to the care of abandoned dogs and cats. Another important aspect of the Society’s work is its sterilisation programme. Suzette explains: “We

Water Trials starting again

Calling all Portuguese Waterdogs and brave, fit owners for fun and games.

I have now received notification of the first of this seasons Water Trials. Sunday 22nd April in Portimão. The Beauty Contest is at Praça Manuel Teixeira Gomes, starting a 10am. However, by experience they never do start at 10am, usually nearer 11am!! Last year this was down at the River’s Edge in Portimão, presumably this will be the same. Just look for a ring and some people with Waterdogs, they really are usually very easy to find!!! After the beauty contest they move down to an area near the Marina, a short car drive away. Again just look for water Dogs and people in wet suits. Last year it was unbelievably cold at this event and we sat and shivered in our fleeces!!

You may remember from last year what is entailed in the Water Trials, but a quick recap. The First Test is to cover the swimming ability, this involves your dog following you (yes I am afraid we people have to get wet!!) as you swim around the previously placed buoys. As the dogs improve and move up the classes that swim is increased to a specific timed swim. Izzy, Laura’s Water Dog has moved up a group as of April and Laura and Izzy will have to do a two minute swim!

They are judged on: How the dog enters the water, speed obtained, this will be clocked and recorded, the style of swimming. The Second Test is the retrieve. The dog is sat beside you, object (provided by the Judge) is thrown, the dog must swim out, retrieve and return to you, sitting on your left hand side. They are judged on: -How the dog observes the throw and ‘remembers’ its location, how the dog retrieves, which should be fast and decisive, and how the dog brings back the object and how fast. The Third Test is the dive. This can be the real challenge. You stand in the water, throw a weighted object, the dog must dive to get it, and the head must go right under the water.

They are judged on: - How the dog observes the object submerging, the capacity to hold it’s breathe when diving and how the dog dives, depth reached and finding the object under water.

To achieve all this does include a fair amount of training, we found last year that sometimes Izzy and Cleo would be focused and train well, whilst other times they had the concentration of a small child, it was no use trying to force them but we had to work with them. I am in a quandary this year, Laura now has several water dogs to train and run in the Water Trials, there is no way she can ‘swim’ my two. This means mine cannot take part in the Water Trials as I am not fit enough to do the swim. If anyone out there in Water Dog world wants to train their dog with mine and could face the swim with mine, please contact me on 916 273 376.

For further details on the training involved for Water Trials please contact Laura on 919 551 614, she is far better qualified in the finer details of these trials and she helped us so much last year.

Seeing our Waterdogs doing the Water Trials is fantastic, it is what they were bred to do, they were not bred to be show dogs, but to work with the fishermen and the boats – hence Cleo’s habit of retrieving boats for me, it just comes naturally. Remember that the Portuguese Water Dog is allowed on the beach all year as it is a Fisherman’s working dog. Must remind Cleo and Merlin of that!

*Protect your pet with knowledge
Copyright ©Jan Cobley Paws 4 Pets 916 273 376*

have a clinic where neutering is carried out – it is free for owners who cannot pay or by instalments for those who have difficulty in paying. Also, from 1st to 10th April this year, we have arranged with a group of four women called the Spay Sisters for them to carry out free sterilisations of animals on Madeira.”

Suzette believes that in the last decade, the situation for animals on the Island has improved. “People are doing something to make it better but of course it is not enough – it never will be enough. We ourselves require so much more support. We have 4,000 members but not all are fully paid-up. We need more volunteers, more donations and more people to adopt the abandoned animals. With more help, we can save even greater numbers. We also need people to sponsor an animal – after shelter and food, the greatest need of our strays’ is for attention. Even our dedicated staff cannot cope alone with grooming, walking or playing with all the animals on a regular basis – in other words there is too little time to give them the individual attention that they need.”

We take a tour of the attractive cattery and the kennels accommodating small and medium-sized dogs (larger animals are housed in the municipal kennel, which is also open to the public for adoptions). Almost immediately, a woman visitor “falls” for a little black dog with a friendly, whiskered face. He at least can be assured of a bright future with a caring owner! All around him, other dogs and puppies, just as appealing, are jumping up at the bars of their cages to greet us. Each one seems to be asking: “Can I go home with you?”

Important Announcement

It has been brought to our attention that a large quantity of moist food has been recalled across the globe. The food was manufactured in Canada by Menu Foods. There is a list of all recalled foods at <http://www.snopes.com/critters/crusader/menu.asp>. Some of these brands are on sale in Portugal – Royal Canin, Eukanuba, Nutro, Iams but it is only the moist, canned and pouched foods that seem to have been affected. Please check the above site and associated lists for all the information.

A precautionary tale

Last year was a bad year for ticks and tick fever. Several friends lost much loved dogs through tick fever, in most cases by the time it became obvious the dog was sick it really was past the point of no return. Tick Fever IS treatable and successfully so, if caught early enough. It involves a long course of specific antibiotics but our dogs can and do recover. Even my Lennie, with his compromised immune system, had, and recovered from, Tick Fever in 2004.

Already this year we have found ticks on our fully treated dogs, yes they did remove easily but it proves that they are out there early this year. I was told it was because we have had a dry and warm winter. Now I honestly thought it was cold, obviously not cold enough for the ticks. All four of my dogs are protected by natural products, in the shape of daily Dorwest Garlic and Fenugreek tablets and alternatively the Dynamite and Dorwest Pennyroyal Shampoo, both are herbal, Hypoallergenic and insect repellents. I also have them protected, against all my principles, by Advantix for 3 of the dogs, and frontline and stronghold for Chloe after her allergic reaction to Advantix last year. The battle against the three worst illnesses has persuaded me to cover them even though I hate the idea of putting chemicals into them.

My other measure is six monthly blood tests, yes, extreme some people may feel. I will have them blood tested for leishmania, and tick fever. Also as instructed by all instructions on the Heartguard I will keep them tested for heartworm before I give them the Heartguard. Yes this involves trailing in my case four dogs to the Vets for blood tests, one drawing of blood will cover all BUT – if it means I know and can treat them for any of these illnesses it will be worth the inconvenience and the cost of the blood tests. They are not complicated tests and therefore not horrendously expensive, all pricing

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Urgências - 964 192 251

email: ana_silva@netcabo.pt

James Cagney
Consultório Girassol
Estrada Palmares
8600-252 Odíáxere
Tel: 282 799 268

Claudia Santos
Torrejão Clínica Veterinária
Sítio de Torrejão-Areeiro
8100-225 Loulé
Tel: 289 422 286
E-mail : torrejaoveterinaria@sapo.pt

Chocoholics Anonymous

Many of us may boast of being chocoholics at Easter time, but chocolate contains a variety of addictive substances. We ask the experts if it's possible to get hooked: how much chocolate is too much?

Chocolate fans won't be surprised to know it's the easiest and most popular solution to life's stresses and strains - from being dumped to feeling hormonal. It's naughty but nice and yet despite the calories and advice from our dentists, 11 million people in the UK eat it daily. And as we head to the biggest chocolate fest of the year - Easter - the temptations will be particularly difficult if we are 'chocoholics' and can't resist the stuff.

Like other sweet food, chocolate is thought to stimulate the release of endorphins: natural body hormones that generate feelings of pleasure and well-being.

Jacqui Lowdon, spokesperson for the British Dietetic Association, explains: "Chocolate is the most commonly craved food because it melts at body temperature and has that instant feel good factor."

Bio-psychologist Dr Leigh Gibson adds: "From a sensory

point of view, it's quite a unique experience. The combination of creamy, fatty sensations and sweetness makes it a memorable taste that people want to return to."

Experts are still uncertain why people crave it so much even though it does contain 300 chemicals, including some ingredients such as caffeine that are mildly stimulating.

But how much is too much? If you are spending so much on chocolate you think it should be

on prescription and your weight's soaring it could be time to think about help.

Hypnotherapist Ursula James is one expert who helps people overcome their chocolate 'addiction'. She says: "I've helped people who eat up to 12 bars a day, which can cause them serious health problems and emotional problems because it makes them feel out of control and damages their self-esteem.

"Just because it is a food



problem the seriousness of it can be dismissed, which is wrong. There are people who secretly binge on chocolate, and pay cash for chocolate supplies so they don't appear on the family shopping bill."

Key to a solution, she says, is

identifying the mood that triggers their need for chocolate and finding a way to alter the pattern of behaviour so the need for chocolate is eliminated.

ARE YOU A CHOCIE ADDICT?

Cont'd. on page 48

Are you a chocoholic?



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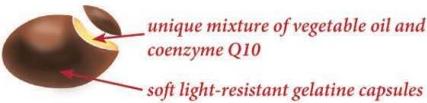


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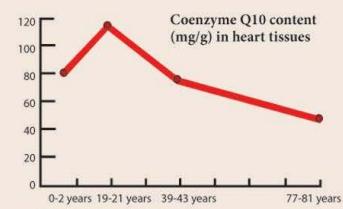
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Cont'd. from page 47

:: We're nation of chocoholics. The average Briton eats approximately 9kg of chocolate a year - that's about three bars a week.

:: You're more likely to be female, as chocolate cravings are found in twice as many women as men. A Canadian study found 39% of women craved chocolate, compared to 14% of men.

:: Check your consumption. Self-confessed chocolate addicts studied in Dundee revealed that the average number of bars consumed by each in a week was 12 1/2, although one addict admitted consuming 70.

:: If you regularly eat more than one chocolate bar daily, hide your habit from friends and relatives, and don't like admitting to yourself how much chocolate you eat, you may be on your way to becoming a chocoholic.

CHOCOLATE TO GO!

Choose one of these six strategies for beating those chocolate cravings:

:: Have a banana: Chocolate lovers might scoff, but dietitian Jacqui Lowdon says, "People often crave chocolate when they're tired and haven't eaten for a long period. That's because their blood sugar drops and they crave a quick hit of sugar which chocolate gives."

"A banana is a good substitute as it has a comforting, soft texture and sweet taste but releases the sugar more slowly with a longer lasting effect on energy levels." Another alternative is dried fruit or wholemeal bread.

The pay-off could be a trimmer waistline. To lose 1-2lbs a week you need to reduce your calorie intake on average by about

500 a day. One chocolate bar contains up to 300 calories so even scoffing one a day could seriously damage the chances of a new slim you.

:: After-dinner treat: Only eating chocolate when you already feel full after a meal has been found in research to reduce the craving.

Dr Leigh Gibson, bio-psychologist at Roehampton University, says: "It's about trying to relearn a habit, so instead of eating chocolate when you want it, avoid that and eat it when you don't. A study found that volunteers who limited themselves to a small amount of chocolate around 20 to 30 minutes after a meal managed to wean themselves off their habit."

:: Do your homework: Taking a 12-week course to beat the craving may sound like hard work but one offers 'sweeteners' - a pressie each week to encourage you to stay on track and will-power boosting emails.

Beyond Chocolate is an online virtual workshop (see photo right), and users receive two emails weekly as well as a pink parcel. The latter contains items such as a diary where you note how you feel when you tuck into something sweet, or a sand timer so you wait one minute before ripping open that wrapper.

It can be helpful in identifying a pattern in your cravings and boosting self-discipline. A course costs £150/€222, their website address is: www.beyondchocolate.co.uk

:: Come clean: Don't pretend you don't want chocolate when you're feeling stressed or in need of comfort. But do avoid milk

chocolate and instead opt for quality dark chocolate. It's richer, meaning you'll probably eat less, and it contains gentler, more protective flavonoids, mood-altering phenylethylamine and relaxing magnesium.

:: Start swotting: Understanding why chocolate has a hold on you could help you beat the habit, and Neal Barnard exposes its power over us in his book Breaking The Food Seduction, Published by St Martin's Griffin, price £7.84/€11.59.

He describes chocolate as "an addicting drug, targeting the same spot in your brain as opiate drugs" and points out it contains caffeine, theobromine, phenylethylamine and anandamide.

There's a suggested healthy alternative to sweet desserts: Neal Barnard's Instant Chocolate Pudding. Blend 340g firm, silken (soft) tofu, crumbled, 60ml

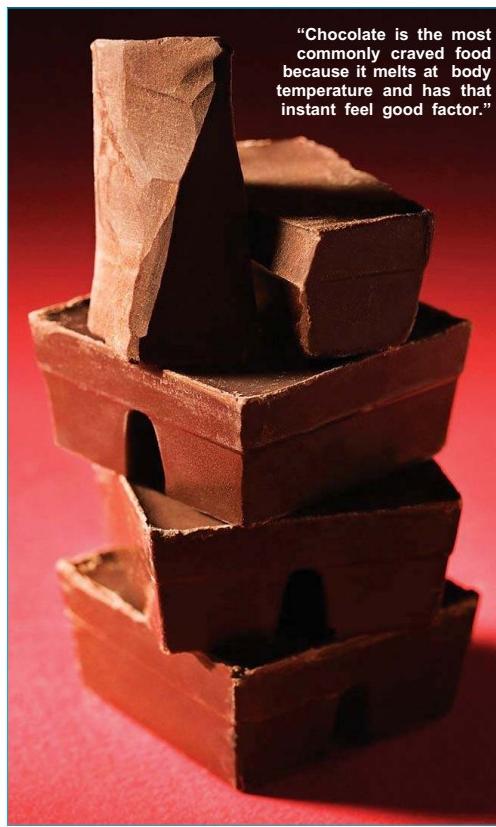
to 120ml pure maple syrup, 70g cocoa or carob powder, two teaspoons vanilla extract and a pinch of salt. Chill before serving.

:: Change your mind: Making you feel sick when you think of chocolate is part of the hypnotherapy method used by Ursula James. She says: "It is aversion therapy. You think about the most revolting thing you've ever eaten and then through the therapy associate that with chocolate."

"The aim during the session is to stimulate the gagging response at the thought of chocolate, which results in the love of chocolate and craving for it being neutralised by the disgust."

A single session, including a CD to listen to for the following three weeks, is £180/€266. Call: 020 7262 1659 or go online to: www.ursulajames.com

Gabrielle Fagan



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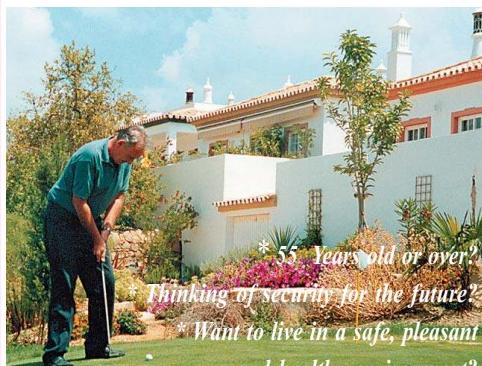
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Metallic magic

Shimmer and shine is big for the spring/summer season. We find the best metallic magic on the high street.

Clothes that shimmer and shine are usually reserved for party season glamour in the depths of winter. But this year metallics are a must-have for the sunny summer months too. Be prepared to glisten in gold and sparkle in silver: metallic fever is taking the fashion world by storm.

"As seen on the catwalk and high street, metallics are a strong trend for the summer," says Emily Fleuriot, editor at Fashion Monitor.

"They look great with a tan and can add a harder edge to an otherwise girly summer frock. Metallics is a great trend to buy into."

Metal-phobics take note: this is a versatile trend, whether you want to go space age in lavish silver, or prefer a luxurious look in precious metals like bronze and gold. For fresh summer style, less intrepid fashionistas can always wear their shimmer pared down with something more standard like a crisp white shirt.

So get your glitz on. There's

no excuse not to shine this season.

Shades to be seen In

Burberry showcased crystal-studded frocks and Dolce & Gabbana sent shiny candy-wrapper corset dresses down the spring/summer catwalks. Some may recoil at the very thought of shiny fabrics and futuristic metalwear, but metallics can flatter anyone if you choose the right shade for you. Picking out a muted metallic like gunmetal - not a toffee-wrapper gold or tinfoil silver - makes the trend more wearable.

"There are variations on the metallic theme," Emily says. "Think brown, pewter and rose gold as well as the standard yellow gold and silver."

"In my opinion, there's no rules when it comes to metallics. The best bet is to look at a colour which adds radiance to your skin tone and/or wardrobe."

If you're looking to blend into the background, opt for pewter or steel shades like

Metallic mania

There are always those who

want to embrace a trend at full speed. If you're loving the magic properties of metallic, go top-to-toe with a dress or jacket that will brighten even a black aficionado's look.

"Let's face it, it's a small minority of women who are going to look great in a silver catsuit, but there are ways to wear metallics which aren't going to hurt," Emily reassures.

"The younger among us can get away with metallic leggings (just) and a shimmer finish inarguably adds to the specialness of a party dress."

Silver flash

Still feeling scared about silver and gold? The most accessible way to work the metallic look is with on-trend accessories.

"I would be looking for statement bags and wedge sandals - accessories to add an element of metallic rather than too much," Emily advises.

"If you want to play it safe check out the plethora of shoes and bags available on the high street. A flash of silver adds a bit of glamour to everyday fashions."

Lisa Haynes



Still feeling scared about silver and gold? The most accessible way to work the metallic look is with on-trend accessories. (Photo: Press Association)

Flower power

The daffodils are popping up, the days are staying brighter for longer and we're no longer confined to wearing heavy winter coats. It's official - spring is definitely on its way.

Flowers play a big part in beauty this spring, with the arrival of new floral scented fragrances, floral embossed palettes and oils from your favourite blooms being used in skincare.

The benefits of flowers are well known, especially in aromatherapy. A recent Harvard study also shows that receiving flowers can make women happy and boost their energy levels.

The fashion and beauty worlds go hand in hand, and both are embracing flowers this season.

Coming up roses

Harnessing the power of flowers isn't new in skincare, but it is becoming more common. The humble rose, with its astringent and relaxing properties, is the most popular flower.

Exotically speaking

If you're desperately in need

of some sun and good weather, these tropical treats should cheer you up a bit.

Florally fresh

Ensure winter is well and truly over with a spritz of flowers that will instantly brighten up gloomy days. With the numerous fragrance launches in April, there's something for everyone.

Prefer a scent that no one else can distinguish? Pick something more unique made with rare flowers.

Exquisite perfumes include Yves Saint Laurent Opium Orchidee De Chine, made with Chinese orchid, the royal symbol of the Empress of China, and Caudalie Fleur De Vigne, made with rare vine flower. This flower blossoms for only one day, so it's little surprise that the fragrance took seven years to be created.

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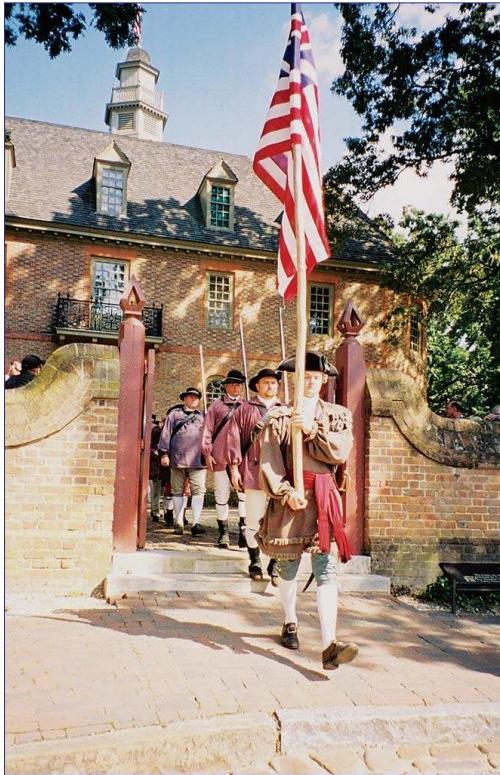
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Rule Virginia



While the masses of foreign tourists flock to Florida, only those Americans in the know head to Virginia, making the area one of the nation's best kept secrets.

In 1607 more than 100 intrepid travellers left their homes in Kent to cross treacherous seas and explore strange lands in their search for the New World. After five months they landed in Virginia to establish the settlement of Jamestown and lay the foundations of the great American dream.

Four hundred years later the journey from Kent International Airport to Norfolk, Virginia takes a mere eight hours. In the relative comfort of Economy Plus, the modern traveller arrives on the doorstep of one of the most breathtaking stretches of coastline the United States has to offer in less time than it takes to drive from southern England to Scotland.

One thing you can share with those brave explorers of four centuries ago is the sense that you have arrived somewhere rather special.

While the masses of foreign

tourists flock to the fail-safe state of Florida for their year-round sun and fun, only those Americans in the know head to Virginia, making the area one of the nation's best kept secrets.

In May, however, the eyes of the world are likely to focus on Jamestown when it marks its 400th anniversary and 18 months of celebrations reach a climax with a visit from the Queen. Three days and nights of music, theatre and firework displays on Jamestown Island will salute an area the explorers found almost by accident, when foul weather drove their ships inland from Chesapeake Bay in search of shelter.

Today, with nearby Williamsburg and Yorktown, Jamestown completes America's famous Historic Triangle of restored English settlements.

With that impressive heritage, Virginia is an ideal holiday destination. It offers the warm-

est of welcomes and family-friendly fun in an area that is as rich in history as America can be.

Our first stop was Virginia Beach, where modern beachfront hotels combine effortlessly with the glory days of the 1950s America we all know so well from Hollywood films.

Whether it is kayaking with dolphins in the Atlantic Ocean, donning oversized waders to frolic in the water with a 200lb seal, or hanging out like Danny, Sandy and the Grease gang in one of the many diners that litter the coastline, the place surely has something for everybody.

Just a short drive from Norfolk airport, Virginia Beach also has some of the best seafood the Atlantic has to offer.

As eating is a national pastime in the States, there is food aplenty - fresh, carb-free and healthy for the weight-conscious among us or huge, tasty and calorie-laden for the rest. There is even purple ice-cream - the signature dish of the Purple Cow diner - for the children, although it might not be to everyone's taste. And it is guaranteed to leave your mouth a startling shade of violet.



Talking of youngsters, there is enough to intrigue even the most fickle of children at the Virginia Aquarium and Marine Science Centre - the chance to interact with marine life on such a personal level can be found in few other places.

By taking a guided tour around the aquarium, children and adults alike can interact with and learn about fish and mammals indigenous to the area. For

a more expensive, once-in-a-lifetime moment, groups of four can get into a tank and play with friendly seals that were rescued from the surrounding area and rehoused at the aquarium.

In the natural world, whale and dolphin watching tours, surf lessons, nature walks, scuba diving packages and mountain biking are all available throughout the year at reasonable prices.

But if the traditional, bustling American holiday resort is not your thing, then a short 20-minute flight to the outer banks of North Carolina offers an interesting alternative.

With its rugged, unspoiled coastline, Roanoke - the largest island in the outer banks - is a

secluded haven of holiday homes and beach houses, inhabited on a part-time basis by city workers desperate to get away from it all and celebrities hankering for some anonymity. The fact that the nearest McDonalds is 50 miles away says it all.

The area is steeped in history, dating back to when the first settlers arrived from Britain and encountered Native Americans. Their story - popularised in Disney's somewhat sweetened version of Pocahontas - is brought to life daily in film, theatre and museums.

But the most fascinating aspect of Roanoke is the less well-documented story of the lost colonists - the tragic story of the



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first Western people to set foot in the New World, who vanished without a trace from Roanoke in 1607.

Their fate became one of America's greatest unsolved mysteries, which is unravelled as best as it can be at the island's colonial museum, but leaves plenty of scope for the conspiracy theorists among us to come up with their own ideas on how the first Brits in America may have met a grizzly end.

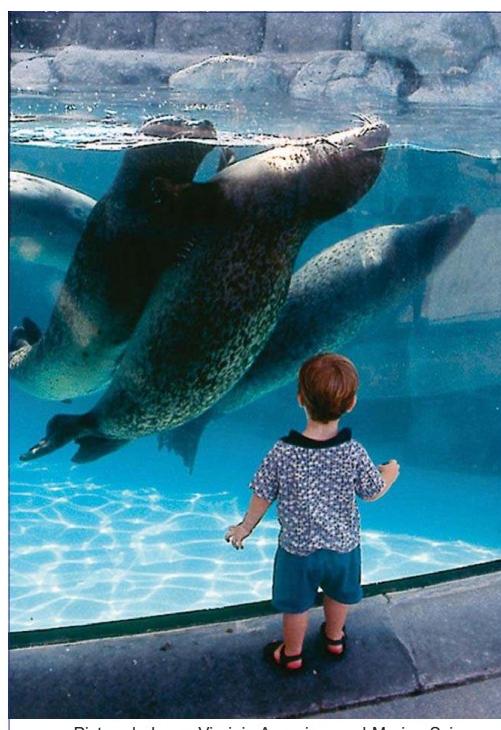
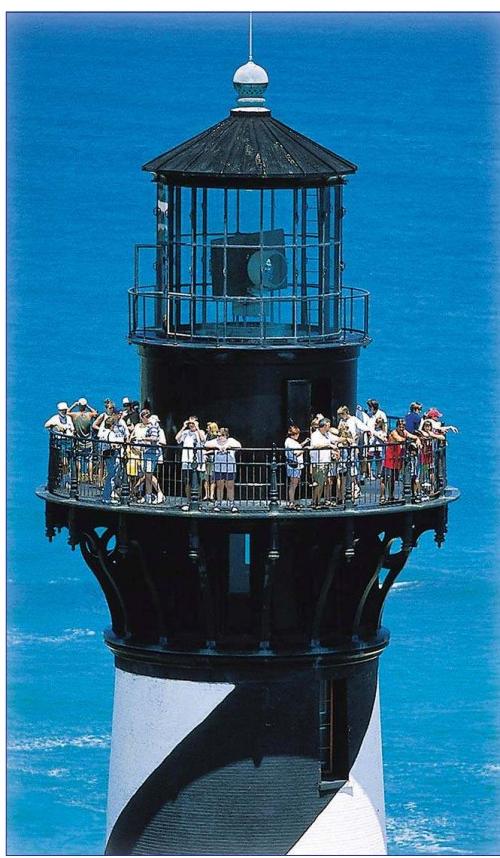
The area is also home to the Wright Brothers' Museum, celebrating the two men who changed the world when they took off on the first flight in

1903.

Back on the mainland, the town of Norfolk is bursting with military pride as it plays host to the largest naval base in the world.

Maritime fans indulge their passion for hours at the fantastic National Maritime Center while the less energetic can wile away the hours of a sunny afternoon (the area boasts a year-round average of 20 degrees celsius) wandering the streets, taking afternoon tea in one of the town's many tea shops, or indulging in a spot of culture at the Chrysler Museum of Art.

History buffs can head to the



Pictured above: Virginia Aquarium and Marine Science Centre - a fascinating marine life, especially for one particular visitor; left: Cape Hatteras lighthouse, Virginia; and far left: Manteo Waterfront, Roanoke, Outer Banks, North Carolina. Opposite page - right: Jamestown; left: Williamsburg, and bottom: Roanoke, Outer Banks, North Carolina. (Photos: Press Association)

colonial towns of Jamestown and Williamsburg where the founding of the nation and the subsequent War of Independence is recreated by actors on a daily basis.

Within 10 minutes of arriving you become lost in a time warp, where everything from the shops to the restaurants transports you back to the 17th century, giving you a fascinating - albeit rather strange - Truman Show-style trip back in time.

There is even the chance to join in the 'fun' of a traditional 17th-century trial, as the story of the last woman to be tried for witchcraft in the town is re-enacted each night, with the audience acting as the jury.

Back in the modern world an abundance of shopping malls and retail outlets are enough to keep the most ardent of shoppers happy all the way to the airport. There is even a cut-price luggage store in every outlet - it's as if they just know an extra bag is going to be necessary.

With so much to offer, you can even (almost) forgive Virginians for not being able to make a decent cup of tea. If you remember to take your own teabags, you're unlikely to find many complaints with the homely, historic side of Uncle Sam.

TRAVEL FACTS

:: Victoria Thake was a guest of Cosmos Holidays, which offers holidays in Virginia and North Carolina from May 2, based on direct flights from Kent International Airport (formerly Manston) and Norfolk, Virginia.

:: Twin centre, seven-night stays start at £664/€978 per adult and £594/€875 per child, including Monarch return flights and room-only accommodation. Flight-only returns start from £399/€587. There are good transport links to London.

:: Cosmos reservations: 00 44 (0)870 787 9588 and www.cosmos.co.uk/virginia

:: For more information on Virginia call 00 44 (0)20 8339 6048 or visit www.virginia.org and www.jamestown1607.org

Victoria Thake



Online ticket reservations

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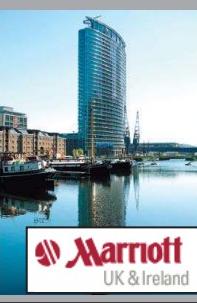
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52 goodfood Diner dishes

The Portugal News • 31 Mar 2007

American diners immortalised in movies and TV shows like Happy Days were renowned for their food and the slang terms for their dishes. Replicate their retro style with a menu featuring two classic dishes and a guide to the lingo.

We all fancy something a little different occasionally - sometimes for breakfast it's 'dough well done with cow to cover' or maybe a bowl of 'birdseed' while supper could be 'put the lights out and cry'. Baffled by those menu options? That's the slang used by staff in American diners for buttered toast, cereal or liver and onions.

The colourful lingo and decor of diners - comfy booths, long shiny counters trimmed with

chrome, as well as laconic gum-popping waitresses - is immortalised in American movies and TV shows like classic sitcom Happy Days.

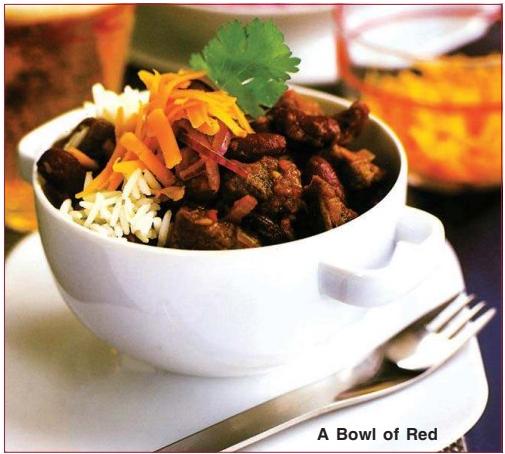
Now their affordable, delicious food is celebrated by Jennifer Joyce in her new book Diner, which is packed with classic recipes - all with humorous descriptions. She says: "Every country has restaurants that embody their culture. The British have fish and chip shops, the

French bistros, and the Americans diners."

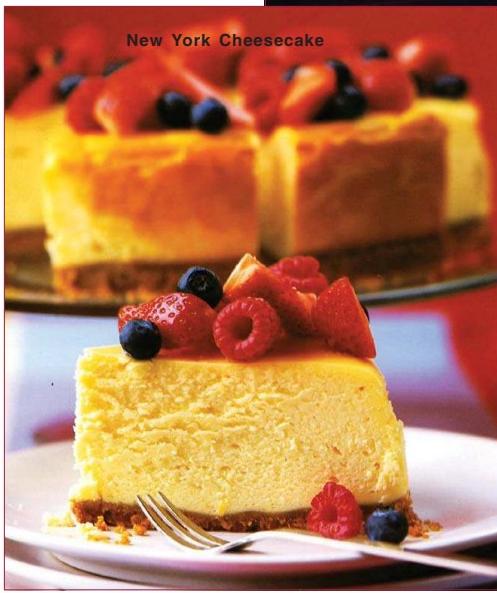
"American diner menus reflect the local culture and ingredients - New England has its clam chowder, Louisiana its biscuits and gravy, and Texas



A typical American diner.



A Bowl of Red



its chilli. Diner food is neither delicate nor fancy - it's pure comfort food."

Diners originally catered for hungry factory workers and travellers - there were 6,000 in their heyday in the 50s. Favourites were slap-up meals like Truck-Stop Steak With Mushroom Sauce, Hamburger With All The 'Fixins' through to calorie-laden treats like Banana Splits With

Hot Fudge Sauce and Devil's Food Counter Cake.

So turn yourself into a 'soup jockey' - a diner waitress - get a checked cloth for the kitchen table, and serve the gang a diner institution, Bowl Of Red(chilli con carne) followed by a New York Cheesecake.

DINER DATA

:: Diners were originally lunch wagons for factory workers.

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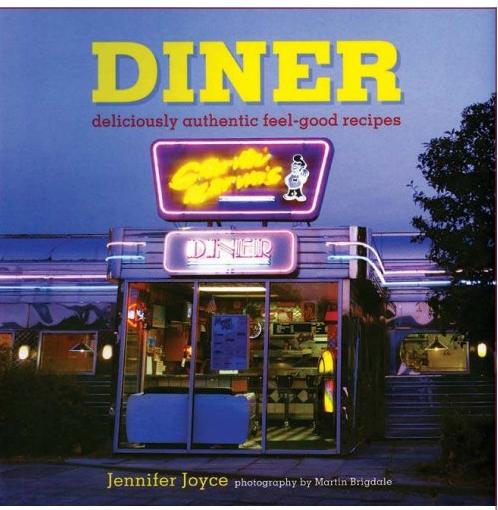
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Diner by Jennifer Joyce, photography by Martin Brigdale, published in hardback by Ryland Peters & Small, priced £8.99/€13.28. (Photos: Press Association)

Their railstock shape made them easy to tow to convenient locations until they evolved into restaurants.

Some diner slang terms are in everyday use: 'mayo' for mayonnaise, 'BLT' for a bacon, lettuce and tomato sandwich and

'stack' for an order of pancakes. :: Learn the lingo: 'two chicks on a raft' - scrambled eggs on toast; 'blonde with sand' - coffee with cream and sugar; 'burn one' - put a hamburger on the grill; and 'cow feed' - salad.

Gabrielle Fagan

until evenly browned. Remove from the pan and set aside. Add the remaining olive oil and sauté the onions and garlic for five minutes. Put the meat back in the pan and pour the chilli mixture over.

Puree the tomatoes in the food processor and add to the pan. Add the cider vinegar, brown sugar, paprika, chilli powder and cumin, and season.

Cook partially covered with a lid, for one hour over low heat or until the meat is very tender. Add the beans in the last five minutes of cooking to warm through. Serve in small bowls with your choice of accompaniments: cooked rice, chopped red onion, coriander or crackers.

New York Cheesecake

Ingredients Serves 8-10

200g digestive or plain chocolate biscuits
60g melted butter
1kg cream cheese
250g caster sugar
grated zest & freshly squeezed juice of one unwaxed lemon
200ml sour cream
2tbsp vanilla extract
5eggs
4tbsp plain flour
a springform cake tin about 20cm diameter

To prepare:

Preheat the oven to 140C (275F) Gas 1. Crush the biscuits in a food processor then add the melted butter and mix well. Press the mixture firmly into the cake

tin. Bake for five minutes, remove and let cool. Grease the sides of the tin above the crust.

In a large bowl, beat the cream cheese and sugar with an electric whisk. Add the lemon zest and juice, sour cream and vanilla extract. Mix until smooth and add the eggs one at a time until well combined.

Pour the flour in last and mix again. Pour the mixture into the cake tin. Bake for 70 minutes until it is firm and the top is turning light golden. Let sit in the oven with the door open until cool (about two hours), then refrigerate for at least six hours or overnight. Place your favourite fresh fruit on top and serve.

potatoes. There are a selection of delicious desserts and cheeses, the house wine is very good and the wine list is superb.

Restaurante A Ponte is a newly opened restaurant in the traditional Algarvian village of Alte, where residents and visitors alike are invited to enjoy relaxed dining in unspoiled surroundings. They offer a very varied menu, including vegetarian dishes, snacks and a children's menu. You can also choose from a selection of freshly caught fish and an evening 'A La Carte' menu. The non-smoking dining room is air conditioned and has a family atmosphere to complement the children's play area.

During the long summer months you can dine under the stars on their large terrace. Reservations are recommended.

Goodfood news

:: A glass of prune juice might not sound like a glamorous cocktail, but it could be a boon for mums-to-be who often suffer from constipation. Sunraysia Pure Squeezed Prune Juice is made from crushed prunes, not from concentrate, and this surprisingly quaffable drink contains three times the antioxidants of the average pomegranate juice.

Dr Carrie Ruxton, an independent nutritionist, says: "Pregnancy brings lots of changes but perhaps the one that causes quite a bit of discomfort is constipation. I recommend that women with this problem drink on 200ml glass of prune juice in the morning, and another before bed."

Sunraysia's Pure Squeezed Prune Juice is available from Waitrose and Morrisons in the UK.

If you are having difficulty obtaining products from the UK contact 'Best of British'. See their advert in our Company Finder pages for details of where they are and how to contact them.



different". There is also a separate children's choice of dishes. The interior decor was inspired by the School of Navigation at Sagres and is modern, bright and comfortable. The bar offers a chance to have a relaxed drink before your meal. During the summer months you can enjoy eating out on the terrace, which is close to the swimming pool and gardens. As their prices are very reasonable, not surprisingly reservations are recommended.

O Mandarin Not many restaurants in the Algarve can boast being established for 25 years, but this is one of the few that can. Located close to the marina in Lagos (take the 3rd turning off the roundabout, as you enter the city from Portimão, and the first turning left up the hill). Approached via an attractive entrance and driveway through gardens (with a swimming pool) the interior decor is modern Chinese with a restful and relaxing ambience. Hosts, Julie and Dennis serve authentic Chinese and Asian dishes from a selective menu, including several vegetarian dishes, offering very good value. Take-Away is available, as is a children's menu on request.

Fiodepesca Restaurant in Sagres can be found on the road that leads to the Pousada. Your host Paulo Neves says his chef is a specialist in international cuisine and they offer both a regional Portuguese and Mediterranean menu, described as, "special and

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A Bowl of Red

Ingredients Serves 4-6

1kg braising steak, cut into 4cm chunks

1 bottle beer

4 ancho chillies, stemmed and deseeded

6tbsp olive oil

2 large onions roughly chopped

6 garlic cloves, finely chopped

2x400g tins whole, peeled plum tomatoes

75ml cider vinegar

60g brown sugar

1tbsp Spanish paprika

1tbsp mild chilli powder

3tbsp cumin seeds, toasted and ground

400g tin kidney, borlotti or pinto beans, drained and rinsed salt and freshly ground pepper

To prepare:

Put the beef in a medium bowl, pour the beer over and leave to marinate for 30 minutes. Drain, reserving the liquid and pat the beef dry with kitchen paper.

Toast the chillies for 30 seconds in a dry saute pan then pour boiling water over and soak for 15 minutes or until soft. Drain and put in a food processor with the beef. Puree until fine and set aside.

In a large saucepan, heat two tablespoons of the olive oil. Season the meat and sear in batches

Vila Palmeira at Meia Praia, Lagos is situated just before you reach the Palmares Golf course. This luxury estate needed its own

restaurant and last July owners Karin and Vincent opened this select little jewel overlooking the sea. Enjoy lunch in the downstairs Bistro with a delicious selection of soups and sandwiches, salads or alight meal, or dine upstairs in the evening from the wide selection of starters and main courses. Try Pumpkin Cream to start followed by Chateaubriand with truffle juice for two, or Cataplana with monk-fish, mussels and

potatoes. There are a selection of delicious desserts and cheeses, the house wine is very good and the wine list is superb.

Restaurante A Ponte is a newly opened restaurant in the traditional Algarvian village of Alte, where residents and visitors alike are invited to enjoy relaxed dining in unspoiled surroundings. They offer a very varied menu, including vegetarian dishes, snacks and a children's menu. You can also choose from a selection of freshly caught fish and an evening 'A La Carte' menu. The non-smoking dining room is air conditioned and has a family atmosphere to complement the children's play area.

Restaurant guide

ALMANCIL

Bistro des Z'Artes

International Menu

Open: For dinner only from 7pm.

Closed Mondays

Rua Calvario, 69,

Almancil

Tel: 289 395 114 / 967

785 601

Shanghai Restaurant

Delicious dishes from Shanghai, China

Open: Daily 12.00-15.30

& 18.00-23.30

Rua do Comércio, 94 R/c,

Almancil

Tel: 289 397 642

A Floresta

Portuguese & International cuisine

Open: Mon-Fri 12-15.00

Mon-Sat 18.30-22.30

Est. de Vale do Lobo,

Almancil

Tel: 289 394 331

ARMAÇÃO DE PÉRA

O Major

Biggest 'Surf & Turf'

Platter

King of Fried Cuttlefish

Open: Mon - Sat 10h00 to 23h00.

Next to Fruit & Veg. Market in Armacão de Pêra

Tel: 919 223 969

ALVOR

The Carvery

Traditional English fare

Open: Sunday 12-3pm and every evening from 6pm.

Closed Thursdays

Rua Dr António José

Almeida (by the taxi rank),

Alvor. Tel: 914 099 083

ESTOI

Quinta dos Poetas

Portuguese Gourmet

Open: Tues - Sun for Lunch & Dinner

Apartado 1126, Nr. Estoi

Tel: 289 990 990

LAGOA/SILVES

O Cantinho dos Italianos

Pasta dishes

Open: 12:00 - 15:00 and 18:00 - 23:00

Largo 25 de Abril, No 1,

Pêra

Tel: 914 844 269

Porches Velho

Portuguese Cuisine with Fado every Friday night

Rua da Praça 8400-477

Porches

Tel: 282 381 692

Mob: 919 255 992

LAGOS/LUZ

Vila Palmeira

Gourmet restaurant

Open: Restaurant - 19h to 24h

Bistro & Bar - 11h to 24h

LOULÉ

Restaurante A Ponte

Extensive menu, including Vegetarian

Open: Daily

Alte

Tel: 289 478 086/ 964 191

625

PRAIA DA ROCHA

Estrela do Mar Pastelaria

Salads, Cornish Pasties, Pork Pies, Sandwiches, Clotted Cream Teas

Open: Daily 8am - 8pm

Estrada da Rocha

Praia da Rocha, Portimão

Tel: 932 896 385

PONTIMÃO

Restaurante Kottomisie

European Cuisine with a touch of South America

Open: Daily except Wednesdays

Clube do Vau, Vau,

Pontimão

Tel: 282 401 334

SAGRES

Fiodepesca Restaurant

Regional Portuguese & Mediterranean food

Open: Daily 17.00 - 22.00

Closed Thursdays

Rua Infante D. Henrique,

Sagres

Tel: 282 620 280

WALKS

Lets Walk along the Cliff Tops

A moderately easy two hour circular walk along the beautiful cliff tops to Battle ship rock and through the countryside full of spring flowers on Saturday March 31st and April 2nd. All are welcome to come along, there is a small charge of 4 euros p.p. which includes a donation to charity.

10.30am start. Meet at

Albandeira beach. From Lagoa driving eastwards turn right just after the International school towards Benigil. After about 2km you will see a sign to the left for Albandeira, follow this narrow road (newly surfaced) all the way to the beach and parking area with cafe. Walk leader: Julie Statham 282 697 298 or 965 753 033.

FOR FUN & CHARITY**Art of dining - Alvor**

The second Art of Dining will take place on April 19th from 11.30am and 8.30pm at the Pestana Alvor Praia Hotel in Alvor. It will feature a wide and exciting display of around 20 individuals dining tables, each reflecting a particular theme or culture with up to eight place settings each.

The table setters will devise their own table plans and design and will include such well known names as Andre Oliveira, Kathy Lancaster of the Village Inn, Lesley Miller of Miller and Shultz, Ursula Beckman, Joy Behenah, Agnes Defrance and Garca Pinheiro, just a few to name a few. Themes will include Break-

**Grand Buffet & Dance****In aid of the Lagoa Bombeiros**

**Saturday, 31st March 2007
at 7.30 p.m.**

**at the Hotel Garbe,
Armação de Pera**

**€25.00 Admission
(incl. Buffet with wine/soft drinks)**

For tickets or information call:

**Val - 282 471 550 Or Julia - 919 679 404
Do - 967 095 943 or Maureen - 282 798 982**

SHOWS**CrazyHorse**

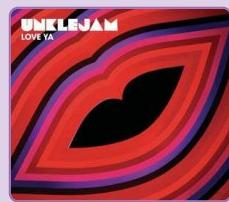
A crazy show - the worldwide famous Crazy Horse! The CrazyHorse cabaret is famous for its elegance and eroticism and is now hitting our shores. It has been described by critics as sensual, mysterious and poetic. The show will be at the



Oceanos Auditorium at Lisbon Casino from April 3rd until April 29th with shows on Tuesdays, Wednesdays, Thursdays and Sundays from 10pm and Fridays and Saturdays at 8.30pm and 11.30pm. Tickets are on sale at Ticketline and at the casino priced at €20 to €40.

**HIT, MISS OR MAYBE?****Unklejam - Love Ya**

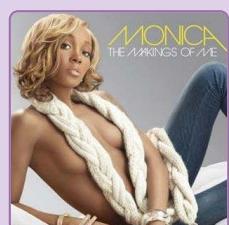
Go back in time with Love Ya, a funkadelic and fun single with Prince-esque falsettos. Echoes of P-funk and sweet classic soul combine with 80s electro-pop to create a sound that's reminiscent of a blast from the past. Love Ya is the perfect accompaniment to your



platforms, flares and Afro wig.

Monica - The Makings Of Me

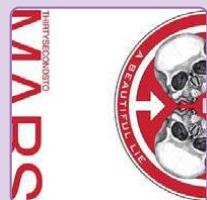
The Grammy Award-winning singer proves she has the makings of a younger Mary J Blige, laying out her honest emotions about being cheated on, love and sex. Doin' Me Right is a Missy Elliott-produced tribute to a guy who makes seven figures, has the talk and is a, ahem, tongue-flicker, while A Dozen Roses (You Remind Me) is about being in love. Sideline Ho is inspired by an ex-boyfriend who openly cheated on



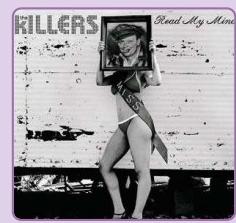
her, and Why Her looks at the feelings post-betrayal. An album worth buying.

30 Seconds To Mars - A Beautiful Lie

Grandiose soundscapes, cryptic social messages and the reputation of being a Hollywood A-lister, Jared Leto might have to endure his own personal fight club just to ignore his critics but the truth behind the tabloid idea is one of a quality American rock band producing an album of quality. A Beautiful Lie is a 12-song tour-de-force and from its opening riff to the final cymbal crash,

**The Killers - Read My Mind**

The Las Vegas four-piece keep the heat turned all the way up with one of the stand-out tracks from Sam's Town, a pop rocker that is typically melodic and anthemic. The accompanying video, which was filmed in Tokyo, is rather amusing yet irrelevant, but the single should guarantee the guys another Top 10 hit.

**BOOK REVIEW****Ingrid - Ingrid Bergman: A Personal Biography**

By Charlotte Chandler, is published in hardback by Simon & Schuster.

If ever a major film star fell suddenly and spectacularly from grace it was Ingrid Bergman (1915-1982). In the pursuit of love, and in defiance of her public image, she forfeited a glittering screen career and the adulation of millions.

This biography paints an affectionate portrait of a charming and warm-hearted woman who was seriously lacking in judgment.

A Swede, she was born into a middle-class family and was orphaned at 13. From her late teens she pursued a stage and film career and was blessed with luminous beauty, talent and a capacity for hard work.

In 1939 she left her homeland for Hollywood, to star in *Intermezzo* for producer David Selznick. A contract followed and within five years she was an international star.

Her most memorable role was in *Casablanca* in 1942, opposite Humphrey Bogart. She had not wanted the part and was amazed when the film was hugely successful and became a classic.

Her other triumphs included

For Whom The Bell Tolls in 1943 and *Gaslight* the following year, for which she won her first Oscar. In *The Bells Of St Mary's* in 1945 she played a nun.

Her saintly appearance and the wholesome roles which were her forte proved her undoing in those more puritanical times. People expected her to be like that in real life.

In 1949 she left her husband and young daughter to live with her lover, neo-realist film director Roberto Rossellini, in Italy.

Throughout the world, especially in America, there was outrage and she was publicly denounced and bombarded with hate mail but she and Rossellini married and had three children.

For years her career and reputation lay in tatters and the off-beat films made by Rossellini in which she acted were flops. Eventually their marriage ended in divorce.

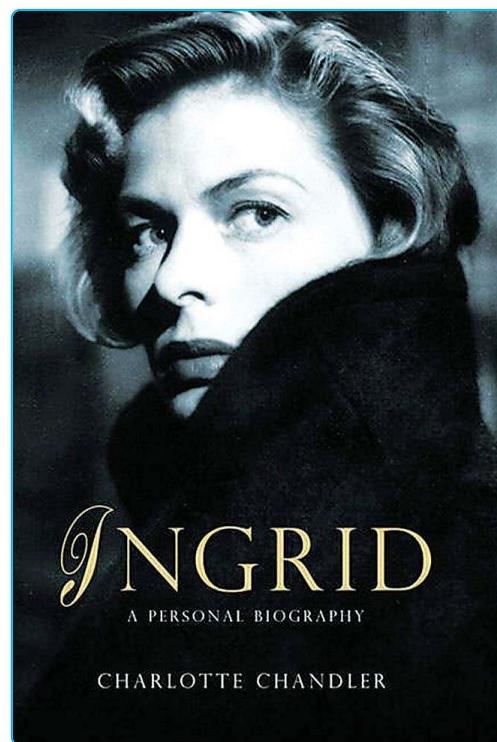
She returned to public favour with her role in the Hollywood film *Anastasia* in 1956, for which she won another Oscar, but time had passed and things were never quite the same again.

Bergman continued to give acclaimed performances on stage and screen and won her third Oscar for the 1974 film

Murder On The Orient Express. She died of cancer in London on

her 67th birthday.

Anthony Looch



CHARLOTTE CHANDLER

Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

LIVE CONCERTS

Oo-Boop-I-Do - São Brás

This ten piece band plays lively infectious music which appeals to a wide audience. They have been seen and heard on TV and radio, renowned for superb entertainment & silent tap dance. Featuring well known names such as Ian Carfrae, Ed Machado, Ivor Jones, James Mellor and Ricardo Stuani. See the 1920's hot dance band on April 1st at

**6th Fado Gala - Lisbon**

The Fado Gala returns to the Preto and Prata salon at the Estoril Casino on April 4th from 11pm. The event will feature performances from some of the best well known names such as Aldina Duarte, Ana Sofia Varela,

Jazzinho - Lisbon

Although she has sung in London, Paris, New York and Tokyo, singer Guida de Palma, naturally from Setúbal has never actually performed in Portugal! "For me, this is going to be the biggest

concert of all", the singer revealed in a recent interview. The artist will be performing songs from her latest album, which has a mix of Brazilian music as well as 70's rare groove. See her live at Ondajazz in Lisbon on April 5th from 11.30pm. Tickets are €8.

COMING SOON**Beyoncé****COMING SOON**

APRIL
Gouveia Art Rock – April 21st & 22nd. Performances: Isildurs Bane & Björn J:son Lindh; Metamorfosi Duo; California Guitar Trio; Kotobel (21st) and Robert Fripp & The League of Crafty Guitarists; Magma (22nd). At Teatro Cine in Gouveia. Doors open 3pm. Tickets: €30 to €58.

Festival Intercéltico – Praia da Vitória on Ilha Terceira (April 27th and 28th) performances: Brigada Victor Jara, Cinema Batalha in Oporto (April 27th, 28th) performances: Lumen; Téada, Arcos de Aldevez (April 27th, 28th) performances: Mú; Brigada Victor Jara.

MAY
Jazz Festival of São Luiz – May 11th to 13th at Municipal Theatre of São Luiz in Lisbon. Tickets: €15 to €30.

JUNE
Festival Alive – June 8th until 10th with performances from: Pearl Jam and Linkin Park (8th); Smashing Pumpkins (9th); Beastie Boys; Da Weasel; Sam The Kid (10th) at Passeio Marítimo de Algés in Oeiras. Further info TBA.

Super Bock Super Rock – Parque do Tejo in Lisbon on June 28th. Performers: Metallica. Tickets: €40 – day pass. €78 – four day pass with free camping. Doors open at 5pm.

Vans Club Tour – Strike Anywhere & Devil in Me & TBA in

BOX OFFICE**MUSIC FESTIVALS**

Lisbon on June 29th and Algarve on June 30th. Further info TBA.

JULY
Super Bock Super Rock – Parque do Tejo in Lisbon from 5pm. Performers: July 3rd – Bloc Party; Arcade Fire; Klaxons; The Magic Numbers; The Gift; Bunnyranch. July 4th – Maximo Park; LCD Soundsystem. July 5th – Scissor Sisters; Interpol; Underworld. Tickets: €40 – day pass. €78 – four day pass with free camping.

Music of the World – July 20th until 22nd in Porto Covo. Further info TBA. **Music of the World** – July 25th until 28th in Sines. Further info TBA.

Vilar de Mouros – July 20th until 22nd in Vilar de Mouros. Performances: Brian Wilson (22nd). Further info TBA.

Plácido Domingo – April 21st at Pavilhão Atlântico in Lisbon from 9.30pm. Tickets: €37.50 to €295.

III Niño – April 27th at Lisbon Paradise Garage. Tickets: €20.

APRIL

Mariza – April 14th at Parque Municipal de Exposições in Braga 9.30pm. Tickets: €22.50 to €25.

Drumming – April 15th at Coliseu in Oporto from 11.30am. Tickets: €10.

Zero Mentality, For the Glory, Kontrattack, Ponting Finger – April 15th at Os Artistas in Faro from 4pm.

Loto – April 16th at Lisbon Casino from 7pm. Tickets: €15 to €30.

The Gift + Richard Dorfmeister – April 19th at Lisbon Casino from 11.30pm. Entrance is free.

Fonzie – April 20th at Paradise Garage in Lisbon.

Plácido Domingo – April 21st at Pavilhão Atlântico in Lisbon from 9.30pm. Tickets: €37.50 to €295.

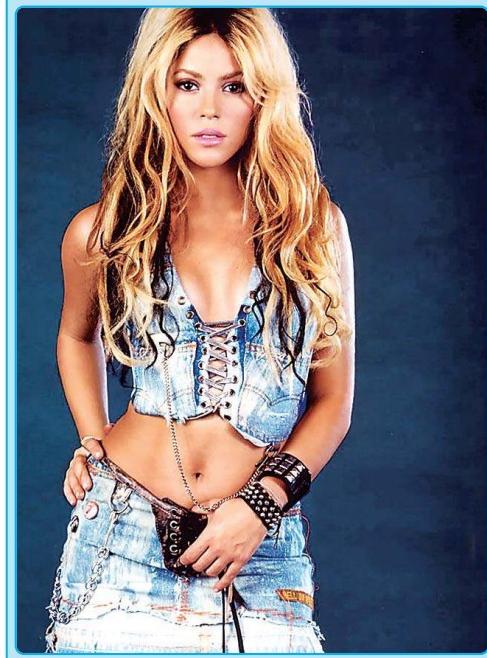
III Niño – April 27th at Lisbon Paradise Garage. Tickets: €20.

LIVE SHOWS**JUNE**

WWE RAW Superstars – June 8th at Pavilhão Atlântico in Lisbon. With appearances from John Cena, Triple H, Edge, Randy Orton, Ric Flai, Umaga, Jeff Hardy, Cartiito, The Highlanders, Candice Michelle, Torrie Wilson and others. (lineup subject to changes). Tickets: €25 to €85.

Shakira - Lisbon

Shakira, is a ten-time Grammy, fourteen Billboard Music Awards, four World Music Awards and ALMA Award-winning Colombian singer, songwriter, instrumentalist, record producer, actress and dancer who has been a major figure in the pop music scene of Latin America since the mid-1990s. In 2001, she broke through into the English-speaking market with the release of

**COMING SOON**

Scissor Sisters – April 27th at Coliseu in Lisbon from 9pm. Tickets: €25 to €180.

MAY

Mariza Gala – May 4th at Hotel Algarve Casino at Praia da Rocha, Portimão. Concert and dinner €60. Call 289 310 000 for more information.

Ute Lemper – May 5th at Faro Teatro das Figuras. Tickets: €37.50 to €40.

De-Phazz – May 10th at Paradise Garage in Lisbon from 10pm. Tickets: €20.

José Alberto Reis – May 12th at the Coliseu in Lisbon from 9.30pm. Tickets: €15 to €25.

The Who – May 16th at Pavilhão Atlântico in Lisbon. Further info TBA.

Marillion – May 17th at Aula Magna in Lisbon from 9.30pm. Tickets: €27 to €37.

Evan Parker & Herb Robeson & Anfusito Fernandez – May 17th at Belém Cultural Centre in Lisbon from 10.45pm. Entrance is free.

Bloc Party & Biffy Clyro – May 18th at the Coliseu in Lisbon from 9.30pm. Tickets: €25 to €150.

Julio Iglesias Romantic Tour – May 18th at Pavilhão Atlântico in Lisbon from 10pm. Tickets: €30 to €100.

The Prodigy, Who Made Who, Expensive Soul; Da Weasel, Jaehoustic, Tiefscharz, DJ Sander Kleinemberh; DJ Rui Vargas; DJ China – May 19th at Parque da Bela Vista in Lisbon from 3pm. Tickets: €40 to €50.

Beyoncé – May 24th from 8.30pm Pavilhão Atlântico, Tickets: €30 to €42.

Rui Veloso – May 25th and 26th at Póvoa de Varzim Casino from 11pm. Tickets: €50.

Dave Mathews Band – May 27th at Pavilhão Atlântico in Lisbon. Tickets: €30 to €42.

JUNE

Expensive Soul – June 15th at Vila de Rei from 11pm.

II Divo – June 20th at Pavilhão Atlântico in Lisbon from 9pm. Tickets: €25 to €80.

My Chemical Romance – June 24th at Lisbon Coliseu. Tickets: €25.

Rolling Stones – June 25th at Lisbon Estadio Alvalade XXI. Further info TBA.

JULY

Luís Represas – July 19th at Estoril Casino from 10.30pm. Entrance is free.

Type O Negative – July 27th at Coliseu in Lisbon.



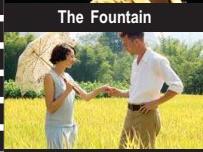
Music & Lyrics



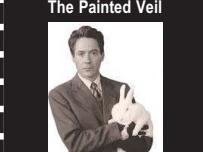
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Epic Movie



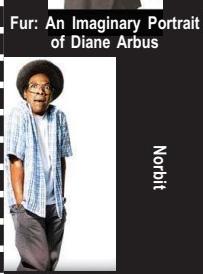
The Fountain



The Painted Veil



Fur: An Imaginary Portrait of Diane Arbus



Norbit



Ghost Rider



Curse of the Golden Flower



Miss Potter



Some Pig

Charlotte's Web

ALGARVE

SBC
FORUMALGARVE
TEL: 289 887 212
29 MAR-4 APR

1
Norbit

Eddie Murphy, Thandie Newton
(12.15 Sat & Sun) 14.40-17.00-19.20-
21.40 (00.10 Thu-Sun)

2
Code Name: The Cleaner

Cedric the Entertainer, Lucy Liu
(12.10 Sat & Sun) 17.15 (00.35 Thu-
Sun)

The Painted Veil

Naomi Watts, Edward Norton
14.20-19.15-22.00

3
Little Children

Kate Winslet, Patrick Wilson
(23.40 Thu-Sun)

Meet the Robinsons

Animation PV
(10.10-12.20 Sat & Sun)
14.35-16.50-19.05-21.20

4
Epic Movie

Kal Penn, Adam Campbell
13.40-15.45-17.50-19.55-22.00 (00.15
Thu-Sun)

5
Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe
(12.05 Sat & Sun) 14.30-16.45-19.10-
21.30 (23.50 Thu-Sun)

6
Music & Lyrics

Hugh Grant, Drew Barrymore
13.10-15.50-18.30-21.10 (23.55 Thu-
Sun)

7
Premonition

Sandra Bullock, Julian McMahon
(12.40 Sat & Sun) 14.55-17.10-19.35-
21.50 (00.05 Thu-Sun)

Flushed Away

Animation PV
(10.30 Sat & Sun)

8
Little Children

Kate Winslet, Patrick Wilson
18.00

Letters from Iwo Jima

Ken Watanabe, Kazunari Ninomiya
14.00-21.00 (00.00 Thu-Sun)

9
Ghost Rider

Nicolas Cage, Eva Mendes
14.50-17.20-19.50-22.20 (00.40 Thu-
Sun)

Charlotte's Web

Dakota Fanning, Beau Bridges (PV)
(11.00 Sat & Sun)

CASTELLO LOPEZ CINEMAS PORTIMAO

TEL: 707 220 220
29 MAR-4 APR

1
Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe
13.55-15.55-17.55-19.55-21.55-00.00

2
Slither

Nathan Fillion, Elizabeth Banks
13.50-15.50-17.55-20.00-22.00-00.05

3
Epic Movie

Kal Penn, Adam Campbell
14.00-15.50-17.50-19.45-21.45

Ghost Rider

Nicolas Cage, Eva Mendes
23.40

4
Music & Lyrics

Hugh Grant, Drew Barrymore
13.40-16.00-18.20-21.20-23.45

5
Norbit

Eddie Murphy, Thandie Newton
13.45-16.05-18.25-21.30-23.50

6
Meet the Robinsons

Animation PV
13.40-15.40-17.45-19.50-21.50-23.55

7
OV = Original Version

PV = Portuguese Version

CASTELLO LOPEZ CINEMAS ALGARVE SHOPPING

TEL: 707 220 220
29 MAR-4 APR

1
Premonition

Sandra Bullock, Julian McMahon
14.10-16.40-19.10-21.50-00.30

2
Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe
13.20-15.20-17.20-19.20-21.30-00.05

3
Ghost Rider

Nicolas Cage, Eva Mendes
13.50-16.15-18.35-21.25-23.55

4
Epic Movie

Kal Penn, Adam Campbell
13.00-15.05-17.10-19.15-21.40-23.50

5
Miss Potter

Renee Zellweger, Ewan McGregor,
14.00

The Last King of Scotland

Forest Whitaker, James McAvoy
16.10-18.50-21.15-00.15

6
Slither

Nathan Fillion, Elizabeth Banks
13.15-15.25-17.25-19.30-21.40-00.00

7
Norbit

Eddie Murphy, Thandie Newton
13.30-16.00-18.10-21.35-00.10

8
Meet the Robinsons

Animation PV
13.00-15.00-17.00-19.00-21.20-23.40

9
Music & Lyrics

Hugh Grant, Drew Barrymore
13.40-16.20-19.15-21.45-00.20

CENTRE

LUSOMUNDO ALMADA FORUM

TEL: 707 246362
29 MAR-4 APR

1
Meet the Robinsons

Animation PV

Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

Premonition

Sandra Bullock, Julian McMahon

Slither

Nathan Fillion, Elizabeth Banks

Music & Lyrics

Hugh Grant, Drew Barrymore

Epic Movie

Kal Penn, Adam Campbell

Code Name: The Cleaner

Cedric the Entertainer, Lucy Liu

Norbit

Eddie Murphy, Thandie Newton

The Painted Veil

Naomi Watts, Edward Norton

Miss Potter

Renee Zellweger, Ewan McGregor,

The Good German

George Clooney, Cate Blanchett

Ghost Rider

Nicolas Cage, Eva Mendes

The Good Shepherd

Matt Damon, Angelina Jolie

The Last King of Scotland

Forest Whitaker, James McAvoy

Blood Diamond

Djimon Hounsou, Leonardo DiCaprio

LUSOMUNDO CASCAIS SHOPPING

TEL: 707 246362
29 MAR-4 APR

1
Meet the Robinsons

Animation PV

Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

Music & Lyrics

Hugh Grant, Drew Barrymore

Epic Movie

Kal Penn, Adam Campbell

2
Premonition

Eddie Murphy, Thandie Newton

3
Music & Lyrics

Hugh Grant, Drew Barrymore

4
Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

5
Some Pig

Djimon Hounsou, Leonardo DiCaprio

6
Charlotte's Web

Djimon Hounsou, Leonardo DiCaprio

7
OV = Original Version

PV = Portuguese Version

LUSOMUNDO COLOMBO

TEL: 707 246362
29 MAR-4 APR

Meet the Robinsons

Animation PV

Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

Premonition

Sandra Bullock, Julian McMahon

Slither

Nathan Fillion, Elizabeth Banks

Music & Lyrics

Hugh Grant, Drew Barrymore

Man of the Year

Robin Williams, Christopher Walken

9
The Painted Veil

Naomi Watts, Edward Norton

Epic Movie

Kal Penn, Adam Campbell

Norbit

Eddie Murphy, Thandie Newton

Ghost Rider

Nicolas Cage, Eva Mendes

Pan's Labyrinth

Ivana Baquero, Ariadna Gil

Blood Diamond

Djimon Hounsou, Leonardo DiCaprio

LUSOMUNDO OEIARAS PARQUE

TEL: 707 246362
29 MAR-4 APR

Meet the Robinsons

Animation PV

Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

Music & Lyrics

Hugh Grant, Drew Barrymore

Norbit

Eddie Murphy, Thandie Newton

Ghost Rider

Nicolas Cage, Eva Mendes

Notes on a Scandal

Judi Dench, Cate Blanchett

The Departed

Leonardo DiCaprio, Matt Damon

12
Music & Lyrics

Hugh Grant, Drew Barrymore

Man of the Year

Robin Williams, Christopher Walken

11
Notes on a Scandal

Judi Dench, Cate Blanchett

The Painted Veil

Naomi Watts, Edward Norton

The Good Shepherd

Matt Damon, Angelina Jolie

9
Mr. Bean's Holiday

Rowan Atkinson, Willem Dafoe

10
Man of the Year

Robin Williams, Christopher Walken

11
Little Red Flowers

Dong Bowen, Ning Yuanyuan

The Good Shepherd

Matt Damon, Angelina Jolie

12
Music & Lyrics

Hugh Grant, Drew Barrymore

13
Premonition

Sandra Bullock, Julian McMahon

14
The Painted Veil

Naomi Watts, Edward Norton

15
Code Name: The Cleaner

Cedric the Entertainer, Lucy Liu

16
The Last King of Scotland

Forest Whitaker, James McAvoy

17
The Good Shepherd

Matt Damon, Angelina Jolie

18
Man of the Year

Robin Williams, Christopher Walken

19
Notes on a Scandal

Judi Dench, Cate Blanchett

20
The Painted Veil

Naomi Watts, Edward Norton

21
Ghost Rider

Nicolas Cage, Eva Mendes

22
Pan's Labyrinth

Ivana Baquero, Ariadna Gil

23
Blood Diamond

Djimon Hounsou, Leonardo DiCaprio

LUSOMUNDO FORUM MONTIJO

TEL: 707 246362
29 MAR-4 APR

Meet the Robinsons

Animation PV



Linda Hanson (Sandra Bullock) has a beautiful house, a loving husband and two adorable daughters. Her life is perfect, until the day she receives the devastating news that her husband Jim (Julian McMahon) has died in a car accident. For this devoted wife and mother, it's the worst she could imagine. But did she imagine it? When Linda wakes up the following morning her husband is very much alive.




PREMONITION

IT'S NOT YOUR IMAGINATION.



At first, Linda believes the accident must have been a nightmare. Then it happens again; some days Linda awakens to find Jim is next to her alive and well, while on others she awakens a widow. Inexplicably, she is living the days of her life out of order.

Linda's traumatizing premonition sets off a series of puzzling, time-altering events. Her world is turned upside down as the surreal circumstances lead her to discover that her perfect life may not have been all that it appeared. Desperate to save her family, Linda begins a furious race against time and fate to try and preserve everything she and Jim have built together.

SLITHER



Slither is an edgy blend of heart-stopping terror, wry humor and surprising humanity from genre-bending screenwriter James Gunn, whose *Dawn of the Dead* became one of 2004's most surprising hits.

The sleepy town of Wheezy could be any small town in America, somewhat quaint and gentle, peopled with friendly folks who mind their own business. But just beneath the surface charm, something unnamed and evil has arrived...and is growing. No one seems to notice as telephone poles become clogged with missing pet flyers, or when one of the town's richest citizens, Grant Grant (Michael Rooker), begins to act strangely. But when farmers' livestock turn up horribly mutilated and a young women goes missing, Sheriff Bill Pardy (Nathan Fillion) and his team, aided by Grant's wife Starla (Elizabeth Banks), uncover the dark force laying siege to their town... and come face-to-face with an older-than-time organism intent on absorbing and devouring all life on Earth.

Slither is the feature film directing debut of screenwriter James Gunn (the recent hit re-envisioning of *Dawn of the Dead*) and stars Nathan Fillion, Elizabeth Banks, Gregg Henry and Michael Rooker.

Rowan Atkinson returns to the iconic role that made him an international star in *Mr. Bean's Holiday*. In his latest misadventure, Mr. Bean, the nearly wordless misfit who seems to be followed by a trail of pratfalls and hijinks, goes on holiday to the French Riviera and becomes ensnared in a European adventure of cinematic proportions.

Tired of the dreary, wet London weather, Bean packs up his suitcase and camcorder to head to Cannes for some sun on the beach. Ah...vacation. But his trip doesn't go as smoothly as he

DISASTER HAS A PASSPORT

had hoped when the bumbling Bean falls face first into a series of mishaps and fortunate coincidences, far-fetched enough to make his

own avant-garde film.

Wrongly thought to be both kidnapper and acclaimed filmmaker, he has some serious explaining to do after wreaking havoc across the French countryside and arriving at his vacation spot with a Romanian filmmaker's precocious son and an aspiring actress in tow. Will Bean be arrested by the gendarmes or end up winning the Palme d'Or? It's all caught on camera as Atkinson again applies his awkward athleticism to a comedy of errors in *Mr. Bean's Holiday*.



MR. BEAN'S HOLIDAY

MEET THE ROBINSONS



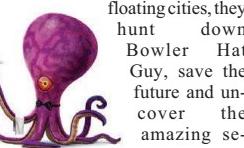
Lewis is a brilliant twelve-year-old with a surprising number of clever inventions to his credit. His latest and most ambitious project is the Memory Scanner, a machine that will help him find his birth mother so they can become a family. But before he can find her, his invention is stolen by the dastardly Bowler Hat Guy and his diabolical hat - and constant companion - Doris. Lewis has all but given up hope in his future when a mysterious boy named Wilbur Robinson whisks our bewildered hero away in a time

machine and the two travel forward in time to spend a day with Wilbur's eccentric family. In a

world filled with flying cars and floating cities, they hunt down Bowler Hat Guy, save the future and uncover the amazing se-



cret of the Robinson family. Based upon the book "A Day with Wilbur Robinson" by William Joyce.



CELEB NEWS

Oscar winner **Halle Berry** is set for another major honour after being selected to receive the 2,333rd star on the Hollywood Walk Of Fame. The actress will be added to the Hollywood Boulevard landmark, right in front of the home of the Academy Awards, the Kodak Theatre. **Bruce Willis**, who co-stars in her new film *Perfect Stranger* and *Monster's Ball* pal **Billy Bob Thornton** are expected to be among those congratulating the star at the unveiling. **»»» Angelina Jolie** will introduce her new son Pax to the world in a magazine spread, just days after completing his adoption. Jolie and the three-and-a-half-year-old Vietnamese orphan have posed for the Canadian edition of Hello! magazine. Photos reportedly show Pax playing with his new brother Maddox, five, and sisters Zahara, two and Shiloh, 10 months. In an accompanying interview, Jolie says of the new addition to her and partner **Brad Pitt**'s family, "He is a very serious, very sweet little boy. You can imagine what courage it takes to be in all new surroundings with new people and a new language. He is very strong."

According to the American agency that handled the process, Jolie's adoption of Pax was finalized, last week, when it was approved by US Embassy officials in the Vietnamese capital Hanoi. **»»» Tragic model Anna Nicole Smith** died of an accidental drug overdose, according to Florida police. The 39-year-old was found dead in her suite at the Seminole Hard Rock Hotel & Casino in Hollywood, Florida on February 8 - five months after the death of her 20-year-old son Daniel in the Bahamas. Seminole Tribe Police Chief Charlie Tiger and Broward County, Florida Chief Medical Examiner Dr. Joshua Perper announced results of the model's autopsy in Dania, Florida. Tiger said there was nothing to indicate foul play in her death and the case was now closed. Perper said there was "no evidence of disease" in Smith's body, but she had been feeling ill and had a high temperature prior to her collapse. He added he had searched numerous medical records and studied numerous bottles of medication in her possession, including Methadone, anti-anxiety and anti-depression medication. An autopsy showed Smith had overdosed on sleeping medication chloralhydrate and a minimum of eight prescription drugs, including Valium. An investigation into Daniel's death is scheduled to begin in the Bahamas. Meanwhile, Smith's partner Howard K. Stern, ex-boyfriend Larry Birkhead and Zsa Zsa Gabor's husband Prince Frederic Von Anhalt are submitting DNA tests to determine which man is the father of the model's six-month-old baby Dannielynn. **»»» Harold & Kumar Go To White Castle** star **Kal Penn** is set to add professor to his résumé after taking on the chance to be a guest instructor at the University Of Pennsylvania next year. The Asian-American actor - real name Kalpen Modi - will teach two undergraduate courses, according to university director Grace Kao.

The Namesake actor Penn received a bachelor's degree in sociology with a specialization in theatre, film and television from the University Of California in Los Angeles, and he is currently pursuing a graduate certificate in international security at Stanford University. **»»» New TV Superman Tom Welling** has given the *Teen Wolf* film franchise a boost after reportedly signing on for a new movie. In the new *Teen Wolf*, a remake of Michael J. Fox's 1985 movie, the fun-loving werewolf of the title will be played by a female. Website DarkHorizons.com reports that **Smallville** star Welling will be part of the supporting cast of the new film. **»»»**

NORTH

UCICINEMAS
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TEL: 707 23 22 21
29 MAR-4 APR

- 1 **Music & Lyrics**
Hugh Grant, Drew Barrymore
- Meet the **Robinsons**
Animation PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Code Name: The Cleaner**
Cedric the Entertainer, Lucy Liu
- Fur: An Imaginary Portrait of Diane Arbus**
Nicole Kidman, Robert Downey Jr
- Miss Potter**
Renee Zellweger, Ewan McGregor, Dreamgirls
- The Good German**
George Clooney, Cate Blanchett
- The Departed**
Leonardo DiCaprio, Matt Damon
- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- Code Name: The Cleaner**
Cedric the Entertainer, Lucy Liu
- The Queen**
Helen Mirren, Michael Sheen
- Curse of the Golden Flower**
Chow Yun-Fat, Gong Li
- Notes on a Scandal**
Judi Dench, Cate Blanchett
- The Fountain**
Hugh Jackman, Rachel Weisz
- Blood Diamond**
Djimon Hounsou, Leonardo DiCaprio
- Ghost Rider**
Nicolas Cage, Eva Mendes
- Premonition**
Sandra Bullock, Julian McMahon
- The Painted Veil**
Naomi Watts, Edward Norton
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Hugh Grant, Drew Barrymore
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Renee Zellweger, Ewan McGregor, The Last King of Scotland
- Man of the Year**
Robin Williams, Christopher Walken
- Charlotte's Web**
Dakota Fanning, Beau Bridges (PV)
- Fur: An Imaginary Portrait of Diane Arbus**
Nicole Kidman, Robert Downey Jr
- Epic Movie**
Kal Penn, Adam Campbell

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29 MAR-4 APR

- Meet the **Robinsons**
Animation PV (3D Digital)
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Premonition**
Sandra Bullock, Julian McMahon
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Man of the Year**
Robin Williams, Christopher Walken
- Norbit**
Eddie Murphy, Thandie Newton
- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- Charlotte's Web**
Dakota Fanning, Beau Bridges (PV)

OV = English Version
PV = Portuguese Version

LUSOMUNDO

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29 MAR-4 APR

- Meet the Robinsons**
Animation PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Code Name: The Cleaner**
Cedric the Entertainer, Lucy Liu
- Fur: An Imaginary Portrait of Diane Arbus**
Nicole Kidman, Robert Downey Jr
- Miss Potter**
Renee Zellweger, Ewan McGregor, Dreamgirls
- The Good Shepherd**
George Clooney, Cate Blanchett
- The Last King of Scotland**
Forest Whitaker, James McAvoy
- Charlotte's Web**
Dakota Fanning, Beau Bridges (PV)

LUSOMUNDO
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29 MAR-4 APR

- Meet the Robinsons**
Animation PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Code Name: The Cleaner**
Cedric the Entertainer, Lucy Liu
- Fur: An Imaginary Portrait of Diane Arbus**
Nicole Kidman, Robert Downey Jr
- Miss Potter**
Renee Zellweger, Ewan McGregor, Dreamgirls
- The Last King of Scotland**
Forest Whitaker, James McAvoy
- The Pursuit of Happyness**
Will Smith, Jaden Smith
- Slither**
Nathan Fillion, Elizabeth Banks
- The Departed**
Leonardo DiCaprio, Matt Damon

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29 MAR-4 APR

- Meet the Robinsons**
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Hugh Grant, Drew Barrymore
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Robin Williams, Christopher Walken
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- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- Charlotte's Web**
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Animation PV
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Rowan Atkinson, Willem Dafoe
- Premonition**
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- Music & Lyrics**
Hugh Grant, Drew Barrymore
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Robin Williams, Christopher Walken
- Epic Movie**
Kal Penn, Adam Campbell
- Norbit**
Eddie Murphy, Thandie Newton
- Ghost Rider**
Nicolas Cage, Eva Mendes
- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- Charlotte's Web**
Dakota Fanning, Beau Bridges (PV)

LUSOMUNDO

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29 MAR-4 APR

- Meet the Robinsons**
Animation PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Epic Movie**
Kal Penn, Adam Campbell
- Norbit**
Eddie Murphy, Thandie Newton
- Suicídio Encomendado**
João Fino, José Wallenstein
- Ghost Rider**
Nicolas Cage, Eva Mendes
- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- The Good Shepherd**
Forest Whitaker, James McAvoy

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Rowan Atkinson, Willem Dafoe
- Premonition**
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- Slither**
Nathan Fillion, Elizabeth Banks
- Epic Movie**
Kal Penn, Adam Campbell
- Norbit**
Eddie Murphy, Thandie Newton
- Ghost Rider**
Nicolas Cage, Eva Mendes

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- Meet the Robinsons**
Animation PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Epic Movie**
Kal Penn, Adam Campbell
- Norbit**
Eddie Murphy, Thandie Newton
- The Painted Veil**
Naomi Watts, Edward Norton
- Suicídio Encomendado**
João Fino, José Wallenstein
- Ghost Rider**
Nicolas Cage, Eva Mendes
- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- The Good Shepherd**
Forest Whitaker, James McAvoy

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29 MAR-4 APR

- Meet the Robinsons**
Animation PV (3D Digital)
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Premonition**
Sandra Bullock, Julian McMahon
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Man of the Year**
Robin Williams, Christopher Walken
- Norbit**
Eddie Murphy, Thandie Newton
- Ghost Rider**
Nicolas Cage, Eva Mendes
- The Good Shepherd**
Matt Damon, Angelina Jolie

LUSOMUNDO
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29 MAR-4 APR

- Meet the Robinsons**
Animation PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Premonition**
Sandra Bullock, Julian McMahon
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Man of the Year**
Robin Williams, Christopher Walken
- Epic Movie**
Kal Penn, Adam Campbell
- Norbit**
Eddie Murphy, Thandie Newton
- Ghost Rider**
Nicolas Cage, Eva Mendes
- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- Charlotte's Web**
Dakota Fanning, Beau Bridges (PV)

LUSOMUNDO

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29 MAR-4 APR

- Meet the Robinsons**
Animation PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Music & Lyrics**
Hugh Grant, Drew Barrymore
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Kal Penn, Adam Campbell
- Norbit**
Eddie Murphy, Thandie Newton
- Suicídio Encomendado**
João Fino, José Wallenstein
- Ghost Rider**
Nicolas Cage, Eva Mendes
- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- The Last King of Scotland**
Forest Whitaker, James McAvoy

LUSOMUNDO
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29 MAR-4 APR

- Meet the Robinsons**
Animation PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Premonition**
Sandra Bullock, Julian McMahon
- Slither**
Nathan Fillion, Elizabeth Banks
- Epic Movie**
Kal Penn, Adam Campbell
- Norbit**
Eddie Murphy, Thandie Newton
- Ghost Rider**
Nicolas Cage, Eva Mendes

LUSOMUNDO
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29 MAR-4 APR

- Meet the Robinsons**
Animation PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Norbit**
Eddie Murphy, Thandie Newton
- The Painted Veil**
Naomi Watts, Edward Norton
- Suicídio Encomendado**
João Fino, José Wallenstein
- Ghost Rider**
Nicolas Cage, Eva Mendes
- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- The Good Shepherd**
Forest Whitaker, James McAvoy

LUSOMUNDO
PARQUENASCENTE
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29 MAR-4 APR

- Meet the Robinsons**
Animation OV & PV
- Mr. Bean's Holiday**
Rowan Atkinson, Willem Dafoe
- Premonition**
Sandra Bullock, Julian McMahon
- Slither**
Nathan Fillion, Elizabeth Banks
- Music & Lyrics**
Hugh Grant, Drew Barrymore
- Epic Movie**
Kal Penn, Adam Campbell
- Code Name: The Cleaner**
Cedric the Entertainer, Lucy Liu
- Norbit**
Eddie Murphy, Thandie Newton
- Ghost Rider**
Nicolas Cage, Eva Mendes
- Dreamgirls**
Beyoncé Knowles, Jennifer Hudson
- The Wicker Man**
Dakota Fanning, Beau Bridges (PV)

- OV = Original Version**
PV = Portuguese Version

North

**GUIMARÃES**

31 MARCH



Dancers Paulo Ribeiro and Leonor Keil on stage performing *Malgré Nous, Nous Étions Là* at the Grand Auditorium of Centro Cultural Vila Flor • Music from Bernardo Sassetti, Gilbert Bécaud and Bárbara Travadinha • 22h00 • Ticket prices: €7.50 and €10 • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

Centre

**CASCAIS**

DAILY

Cascais Cultural Centre • The Cascais Cultural Centre hosts concerts, shows, exhibitions and many other events • It features shops, a coffee shop and a terrace • Open from 10h00 to 18h00 (Closed on Mondays) •

Avenida Rei Humberto II de Itália • Tel: 214848900

DAILY



Sea Museum – Rei D. Carlos • R. Júlio Pereira de Mello • 214825400

ESTORIL

DAILY

National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • Open from 10h00 to 17h30 (Closed Mondays and public holidays) • Praça Afonso de Albuquerque • 213610850

DAILY

Casino Estoril • Praça José Teodoro dos Santos • Tel: 214 667 700 • Fax: 214 667 965 • www.casino-estoril.pt

LISBOA

DAILY

Belém Cultural Centre • One of the great cultural centre's in Europe in one of Lisbon's outstanding architectural beauty it hosts exhibitions, performing arts, restaurants, gardens, shops and conference centre • 213612400

7 APRIL

Concert by the Peruvian singer Susana Baca • Grand Auditorium of Centro Cultural Vila Flor in Guimarães • 22h00 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt



PORTO

DAILY



Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h • to the park Sun: / 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

LISBOA

13,14 APRIL

APASSIONATA - Equestrian Show •

APASSIONATA presents the most noble equestrian breeds in a show with classical music, light effects and fireworks •

Lisbon - Campo Pequeno, Torreão Sul. Porta C 1-3 • 13th April at 21h30; 14th April at 15h30 and 21h30 • Tickets: VIP: €70, €55, €45, €35 and €20



21 APRIL

Plácido Domingo in concert at Casino Lisboa, Park of Nations • 21h30 • Ticket prices from 37.50 to 295 Euros • Check our schedules and buy your tickets on www.pavilhaoatlantico.pt • Also tickets at Pavilhão do Atlântico box office, FNAC shops (Almada, Cascais, Chiado, Colombo, Gaia Shopping, Norte Shopping, Stª. Catarina, Algarve, Coimbra and Madeira), ABEP Agency, El Conde Inglés (Lisbon, Gaia) Alvalade Agency, Casa Viola (Colombo, Rua Augusta, Areeiro), ACP (Sede, Amoreiras and CC Colombo) • Age admittance: Over 6 years • Atlântico - Pavilhão Multiusos de Lisboa, SA • E-mail: info@pavilhaoatlantico.pt Tel. +351 21 891 84 09

UNTIL 29 APRIL

Exhibition 'Cartier 1899-1949. The journey of a style' • On show an exceptional assembly of 230 jewels, clocks and objects of the Cartier Collection, as well as some of Calouste Gulbenkian's acquisitions, belonging to the Foundation. On display are also original drawings, some of which are associated with the collector, moldings and diverse documentation • This exhibition is integrated in the commemoration of Calouste Gulbenkian's 50th anniversary • Guided tours from 22nd February every Tuesday and Thursday at 15h00, until the end of the exhibition - the tours are free and do not need booking (For groups: Serviços Educativos) • Temporary Exhibitions Room of Calouste Gulbenkian Foundation • Av. de Berna, 45A • 217823000 • Under-ground: S. Sebastião (blue line) • www.gulbenkian.pt



in Portugal

• Arquivo

Municipal de Lagoa (City Hall Archives) • Largo dos Combatentes da Grande Guerra • 282380435 • cml.arquivolagoa@vizzavi.pt

ALCALAR

DAILY

Painting exhibition by David Haines at Patrícias Restaurant and Gallery • Monte de Cima • 282 471 145

ALCANTARILHA

DAILY

Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

ALVOR

DAILY

Painting exhibition by David Haines at Magna Carta Bookshop • Quinta da Praia do Alvor • 282496001

ARMAÇÃO DE PERA

MONTHLY



Monthly Writing Circle by Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first Thursday of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518148

ALMANCIL

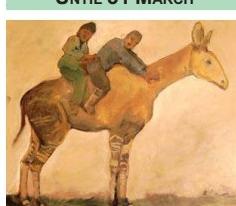
UNTIL 29 MARCH



Collective Exhibition 'Obra Gráfica e Múltiplos' by A.G. Revuelta, Ripollés (painting above) • José Guimarães and A.R.Penck • Centro Cultural S. Lourenço • 289 395 475

FARO

UNTIL 31 MARCH



Painting Exhibition by the Architect/Painter Tomás Colaço • Tue-Sat: 15h00-19h00 (closed Sun, Mon & holidays) • Rua Rasquinho nº 7 • 289802754 • www.arteadentro.com

LAGOA

UNTIL 3 MAY



Exhibition 'Historical Evolution of Light Weaponry in Portugal' • Arquivo Municipal de Lagoa (City Hall Archives) • Largo dos Combatentes da Grande Guerra • 282380435 • cml.arquivolagoa@vizzavi.pt

South

**SANTANA DA SERRA**

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com

SÃO B. MESSINES

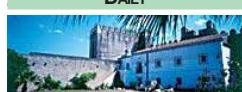
SATURDAYS & WEDNESDAYS



Quinta da Bica Saturday Mornings & Wednesday afternoons • Livery, Lessons, Hacks & Horse Share for all ages and abilities • For more information, please call: 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeologic Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

VALE DO LOBO

UNTIL 9 APRIL

Photography exhibition by the Dutch artist Lisa Kortenhör • Art Gallery located in Vale do Lobo Shopping • 289353327 • galeriadearte@vdl.pt • www.valedolobo.com

TAVIRA

DAILY



Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

'JAZZ on a Friday' at The Bon-Bon Restaurant in Carvoeiro (Sesmarias) • Cool 'n Mellow; Stylish 'n Sophisticated Mellow Jazz featuring 'The Swing Thing' (piano & vocals) every Friday from 8h00 to 23h00. Telephone 282 341 496 for reservations



The archaeological site of **S. Cucufate**, in Vila de Frades (Vidigueira), reopened to the public. The schedules are shown below, but can always be confirmed through the telephone numbers indicated below.

Summer Times (1st May to 15th September): Tuesday 15h00 – 18h00; Wednesday to Sunday 09h30 – 13h00 & 15h00 – 18h00.

Winter Times (16th September to 30th April): Tuesday from 14h00 – 17h00, Wednesday to Sunday from 09h00 – 12h30 and from 14h00 – 17h00.

Entrance fee to S. Cucufate - €2; Casa do Arco - €2; S. Cucufate & Casa do Arco - €2.50. Children under 14 years the entrance is free. Free for all on Sundays and holidays until 14h00.

Tel: 284 441 113 (S. Cucufate) 284 441 612 (Casa do Arco)

For other information, please call 266 769 800 or fax: 266 769 855 or email: dre.ippar@ippar.pt

http://www.ippar.pt/monumentos/sitio_cucufate.html

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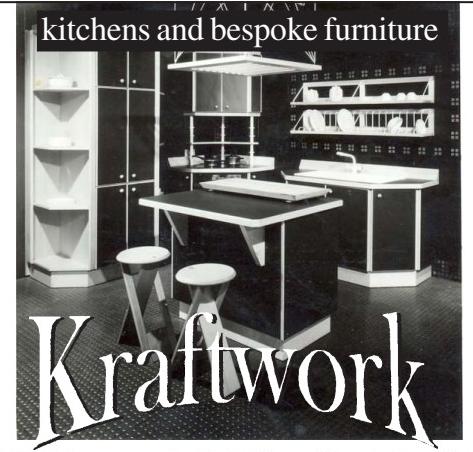
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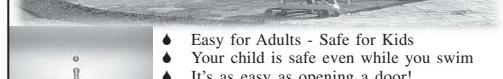


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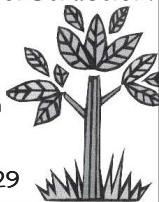
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OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoi. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folgue, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English at 11.30 am every Sunday. Basketball / sports ministry also. Near Post Office in Esgueira. Call for directions or information: 234 310 153 or 938 516 944 - Pastor Alan Hart.

GREATER GRACE WORLD OUTREACH has Live! (and archived!) upbeat and inspiring Worship Services available for free viewing thru their website www.ggwow.org - the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed!

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1 dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. ABLA (next to Riviera Hotel), Praça Infante D. Henrique, N° 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring and culturally relevant church meeting at ABLA in Carcavelos every Sunday at 9:00am in Portuguese and 11:00am in English, Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praça Carlos Capitão, Lote 'B' Massama / Queluz, every Sunday at 10:30am and 7:00pm all welcome.

For more information call Pastor Frank Escobar at 21 467-3386 or Mobile 919 086 883 God Bless!

CHAPEL OF ST. PIUSX: PRIORADO P.S.P.I.O.X. Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S.Jorge. Enter through British

Cemetery gate opposite Jardim da Estrela. Service 11.30 am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril), Service 9.30 am every Sunday. Tel. 21 4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Amiga, 13, Lisbon: Sun. 11.00. Minister's Tel: 21 468 0853, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N° 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30

An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboreira Corps (Praça Afonso Aranha Neves) Lote 213 Loja Dito de Execício 11 A) Chelas Corps (Rua Rui de Sousa, Lote 65 (loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Contra Rua Capitão Rely, Picheleira, Lisbon (21 805708) **OPORTO** Pereiro Corps (Av. Vasco da Gama No. 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps (Av. dos Bombeiros Voluntários, Tel: 22 928 1077) Sun. 10am. Thurs. 4.00pm Ladies Home League Meeting.

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. All three centres services in Portuguese, bilingual counselling. Tel: 21 2461596.

LISBON SINAGOGUE: Rua Alexandre Herculano 59, Tel 21 385 8604

Fax: 21 388 4304 e-mail: celes@lisboa.pt

Bahá'I Faith – Av. Ventura Terra, n.º 1, Lisboa, Tel.: +21 759 0474. E-mail: gae@bahai.pt

IGREJA BAPTISTA de Queluz (costa do Cascalho) Rua Carlos Santos 88, Queluz Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15/Portuguese 12.00 Prayer and Bible Study: Thursday 8 PM Traditional Baptist Service in English followed by Sunday School.

The Algarve

CHURCH OF ENGLISH SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhor da Piedade Holy Communion: 9.30 every Sunday. Info Rosie Baden-Powell 289 328302;

St. Luke's, Monte da Palhaqueira, Gorjões (Nr. Sta. Barbara) Holy Communion 11.30am every Sunday. Info Maxine Srivastava 917 267 948;

Luz Senora da Luz Holy Communion: 12.00 every Sunday. Plus Children's Rainbow Club. Info Joyce Daffey 282 788104.

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WHERE TO WORSHIP

For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru preteen. Service every Sunday 11am to 12:30pm. Portuguese translation available. New address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACI & Centro de Lareiras. Pastor Alípio Amaral Tel 968 801 237. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 222 857, Geoff 969 100 121 or Maria 963 380404. E-mail: jackieandmario@yahoo.co.uk

ROMAN CATHOLIC ST. ANDREW'S, PENHA R.C. Mass in English every Saturday 6pm. St. Andrews Church, Penha. For further information, please contact Padre Manuel 282 495151

CLEARWATER ALGARVE Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19. São Brás de Alportel

EREV SHABAT - For services Tel: 282 41610

Oporto

GREATER GRACE World Outreach has LIVE! (and archived) internet church services for free viewing through their website, www.ggwow.org; contemporary and inspiring worship, uplifting music and outstanding Biblical teaching. Their ministry contacts in Portugal can also be found under the "Missions" link—Check it out and be blessed!

RIVERSIDE PORTO INTERNATIONAL CHURCH – Oporto. A church that is fun and enriching; Biblical based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Mirançao golf course. Call Tim or Bill Mason on 227 627 643 or 914 949 611 for more details. [contact@riverside-porto.com](http://riverside-porto.com) web site www.riverside-porto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am. Details from Chaplain (22) 609 1006. www.stjamesporto.org

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH At 6.00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Sáude e Matos (27) 229 127 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

"For there is one God and one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all men—the testimony given in its proper time." - 1 Timothy 2:5-6



Easter Services at ST. VINCENT'S ANGLICAN CHURCH, ALGARVE

St. Luke's Church:

5 April - Maundy Thursday – Holy Eucharist – 11.00 am

6 April - A devotion for Good Friday – 11.00 am

7 April - Easter Vigil 9.00 pm – 12.01 am

Igreja da Nossa Senhora da Luz:

5 April - Maundy Thursday - Commemoration of the Last Supper - 10 am

6 April - Good Friday - Prayers & readings at the foot of the Cross and Faure's Requiem 11 a.m.

"For there is one God and one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all men—the testimony given in its proper time." - 1 Timothy 2:5-6

Announcements

NEW TO the Algarve - International Creole Cuisine - Restaurante O Monte Quinta Velha Cabanas de Tavira. Reservations: mobile: 964 432 465.

CASA IS a well-known local social club of over 300 members who raise money to help many needs in the area. It is open to single/couples, and has a monthly newsletter of events and dinners at local venues for reasonable prices. Also outings are arranged to some interesting places in Portugal or Spain. Find out more by calling Franz on Tel.: 282 312 819.

Charity sales

LAGOS ANIMAL Protection Society has a charity sale at Burgau Sports Club every 2nd Sat. of the month. All proceeds go towards helping Algarve animals. For further info please phone Tel.: 282 687 334 or mobile 966 047 994 after 6pm.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. If you don't want it, let us sell it. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

Every day 100 people start to lose their sight. Your support helps rebuild lives devastated by sight loss.

The Sunshine Fund for Blind Children (RNIB) need all your **new and used stamps**, which are sold to raise much-needed funds. If you would like to help, post your stamps to:
The Portugal News, Apartado 13, 8401-901, Lagoa. (and we will forward them on)
OR
R N I B, 20 Bowers Road, Benfleet, Essex, SS7 5PZ, England.

Tel.: +44 01268 565 646 terri@mibstamps.org.uk www.mibstamps.org.uk

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PPI ESTATE Agents, Lda. at the entrance to Parque da Floresta Golf Course in Budens, is looking for sales people: English speaking (with Portuguese knowledge), over 25 years old, own car, unique sales commission plan. For interviews, please call: +351 282 698 621.

THE ANIMAL charity shop behind the pharmacy in Montechoro needs volunteers to help in the shop & also other volunteers to transport animals to the vet or the abandoned animals home 'Quintinha dos Animais' at Goldra, which receives part of the shop's profits. Any help would be greatly appreciated. Please call Lesley on mobile 962 414 584 or call into the animal charity shop in Montechoro.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira, (the road at the traffic lights, on the dual carriage-way, just before the dolphin roundabout). Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

HELP THE orphans. Visit the bazaar in aid of the children in need. Find us in Esto, opposite palace gates, Wed. to Sat. 10am - 5pm. Mobile 966 573 272, Tel.: 289 991 319 or 289 721 938.

CARBOOT Sale held every 3rd Sun. of the month at 'Restaurant Quinta dos Areos', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on mobile 919 457 263 or email her on Happyhounds@mail.telepac.pt for more information.



We are a well established, independent real estate agency with offices in Tavira and Vilamoura. Due to our continued growth we are looking for experienced candidates to join our successful team in Lagoa, Tavira, and Vilamoura.

Qualification / Requirements:

- Academic background preferred - a professional qualification is an advantage
- 2-3 years of demonstrated Algarve real estate experience
- Excellent communication skills
- Fluent in English and Portuguese
- Well presented, energetic, self motivated and ambitious
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The company is an equal opportunities employer. We offer a good working environment, competitive remuneration, training and development opportunities.

Please apply in writing or via e-mail enclosing your CV with an introductory letter and a recent photo. **E-mail:** robert@landandhousesalgarve.com
By post: Attn. Robert Bijk, Rua Dr. José Pires Padinha 178, 8800-354 Tavira.

Food service Company situated in the Algarve, is looking for two dynamic and enthusiastic sales people.

Requirements in Portuguese and English spoken and proven sales background.

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The position consists of a basic salary, commission payment, own company car, mobile telephone and laptop.

If you are looking for a fresh and exciting opportunity where hard work and commitment are truly rewarded please send your CV and covering letter as too you should be considered a suitable candidate to rita.pampolini@praiadelrey.com.

AQUAPURA - the Algarves' leading supplier of poolcovers, is looking for an outgoing, self motivated sales person to join our team. Ideally you will speak English and Portuguese, have relevant sales experience, own car essential. We offer an excellent sales commission plan, full product training given. CV to: Aqua Pura, Apartado 826, 8801-910, Lagos or mail: Info@Aquapura.com.pt

PART TIME young lady required to promote a range of English pies /sausage in supermarkets, fairs, exhibitions throughout Algarve. Further details call 969 785 044.

QUINTA PROPERTIES, the leading Real Estate Agency in Quinta do Lago is looking for sales executives. Please send CV to info@quintaproerty.com

ANGLO-PORTUGUESE in Lisbon/Cascais area available for baby sitting, lessons and / or translations either language. Mature, trustworthy, computer literate, own transport, references. Mobile 917 087 715.

THE CORNISH Range - Os Sabor da Cornualha is looking for employees to work in the new café/take-away which will be opening soon in Burgau, near Lagos, Algarve. Candidates must be able to speak Portuguese and English. No experience necessary, as full training will be given. Please apply in writing, including C.V. before 6th April 2007, to Nicola Archdale, Rua da Bemposta, Lot 1, No 2C, Dto, 7630-614 S. Teotónio, Odemira. Interviews will be held at the middle/end April 2007.

TELESALES

Clube Praia Da Oura (CPO) has moved its successful Telesales operation to the Algarve.

We are looking for self money motivated personal to contact our existing members. (30,000+ members). Experience not essential as full training given, but must be confident on the telephone with a great personality. Basic plus commission OTE €30,000 to €50,000.

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Retirement Village

MONTEDA Palhagueira Retirement Village. 55 Years old or over? Thinking of security for the future? Want to live in a safe, pleasant and healthy environment? Contact Clive Roberts, Monte da Palhagueira Village, Gorjões, 8005-488, Santa Barbara de Nexe, Faro. Tel.: 289 990 900. Email: monte.palhagueira@netc.pt

Support Groups

ALCOHOLICS ANONYMOUS- Algarve. Do you or anyone you know have a problem with alcohol? If so, there is a solution. WEEKLY MEETINGS:

Mon.: Portimão 7.30pm.
Tues.: Almancil 1.00pm;
Almancil 6.30pm (Men's meeting); Albufeira 8.00pm.
Wed.: Almancil 7.30pm.
Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Almancil 1.00pm; Portimão 7.30pm. Sat.: Almancil 5.30pm. If you would like assistance finding a meeting please call 919 005 590 between 10.00 and 7.30pm. For Portuguese speaking AA please call mobile 917 483 478. For GSO Lisbon AA please call Tel.: 217 162 969.

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ALCOHOLICS ANONYMOUS English speaking meetings 7pm Sun., The Crypt, Igreja de Santo António, Av. da Marginal, Estoril; and 7pm Tues., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. (Please confirm Tues. meeting - mobile 965 059 949).

ALCOHOLICS ANONYMOUS New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. 30 Rua Dr. Parreira, Tavira mobile 916 013 265.

CANCER DOESN'T care—but we do! CANCARE is a group of ladies supporting one another through the trauma of cancer & beyond, both our own, others, both past, present, with laughter, tears, kindness, caring, with experiences and positivity, but most of all with sharing. If you would like to join us or just talk to us, please phone Joan on Tel.: 289 843 472.

CIRCO PEQUENO bouncy castles, clowns, jugglers, face painting, etc. Mobile 916 622 976 or 917 038 555 tim@gomez.net

Song & Dance

THE ALGARVEANS theatre group would like to announce that we have cast our next play 'Nobody's Perfect' and that it will be performed at Lagoa Auditorium, dates to be confirmed. Would you like to help construct the set or paint it; help with light & sound, costumes, hair or makeup? Maybe be behind stage during the shows? Contact Jackie on 282 687 410 or jackiemajor@sapo.pt

Travel

ALGARVE TRAVEL Solutions - Easter flights Gatwick 5-9 April €130 return, €70 one way. Call Fiona 919 700 998.

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Innovation via Intellectual Property in Portugal



Intellectual Property and particularly patent filings in Portugal have been dormant for many years. This situation is about to change due to the efforts of the Instituto Pedro Nunes (IPN) and cooperating universities in Portugal. Universities in the United States in recent years have oriented the efforts of their researchers toward protection of their inventions. These universities have suddenly realized that their intellectual property is a major asset. IPN is well on its way to capitalize on the experiences of the United States.

The United States Embassy in Lisbon organized a two day workshop during the week of March 19th with sessions at the Luso American Development Foundation (FLAD) and the University of Lisbon entitled: Intellectual Property Rights in Portugal: The Gateway to Innovation. Representatives from the United States, European and Portuguese Patent Offices along with the American Chamber of Commerce in Europe made presentations.

FLAD 19 MARCH 2007

The opening session at FLAD was kicked off by Ambassador Alfred Hoffman, Jr who pointed out his own experiences with a US pharmaceutical company that did not locate in Portugal because of the lack of patent protection. He said that biotechnology was well placed to expand in Portugal but funding is lacking because of the inability to protect the products. Later speakers reinforced his comments about the prevalence of pirated and counterfeited goods in Portugal.

The President of the Portuguese Institute of Industrial Property (INPI), António Sérgio Campinos, said that there was a lot yet to do in Portugal but the government is working on and increasing investment in the patent office and revision of legislation where necessary. He then gave statistics showing that there were improvements in the Portuguese Patent Office. Also he pointed out that the customs officials are cracking down on counterfeited goods in Portugal.

terfeited goods coming into the country and being sold at fairs.

Director of Patents and Trademarks in Portugal, José Mauricio, gave a history of patents going back to the Magna Carta of 1623 and outlined the basic legislation for intellectual property in Portugal. He said that at the end of 2006 there were 19,000 trademark applications and 309 new patent applications along with 143 investigations in counterfeiting.

Paul Salmon from the United States Patent and Trademark Office (USPTO) gave some statistics which indicate the size of the USPTO in 2006: 8,000 employees with 443,652 patent applications filed and 183,187 patents issued.

An excellent presentation on the advantages of good intellectual property protection was made by Stéphane Tronchon of the American Chamber of Commerce in Europe. Some of the European problems include no uniform litigation system and the excessive costs resulting from the many languages. A single European Community Patent system has been proposed but it has been on the table for 30 years.

A presentation as to how the Instituto Pedro Nunes works with universities and industry was made by Ricardo Aguiar and he gave specific examples of contracts and procedures used at Coimbra University.

Maria de Fátima Araújo outlined the economic impact of infractions of intellectual property

rights, particularly here in Portugal:

- 1) the first loser is the market share;
- 2) unfair competition;
- 3) loss in tax revenue;
- 4) job losses;
- 5) relocation of companies;
- 6) health and safety dangers

She pointed out that the underground economy is increasing world-wide and that 5-7% of world trade is in counterfeits which results in 200,000 lost jobs. Most of the pirated goods in Portugal come from China, Pakistan, India and Turkey. She said that one of the greatest dangers is counterfeit drugs and that in Africa 70% of them are counterfeits.

Paul Salmon followed the same theme by saying that many of the counterfeits have links to organized crime and terrorists.

Judge Eurico dos Reis of the Superior Court of Lisbon said that there are only 2 commercial courts in Portugal with one in Oporto and the other in Lisbon. Fair trade cases are brought in these courts but the practice has difficulties because the courts are not skilled in dealing with intellectual property cases.

UNIVERSITY OF LISBON 20 MARCH 2007

The second session of the workshop took place on the campus of the University of Lisbon and the welcome was extended by José Manuel Pinto Paixão, Coordinator of the Office of Technology Transfer, who began by giving the difficulties in getting researchers to take an interest in intellectual property.

For too long career advancement by professors has been linked to publications. The story is publish or perish. He gave statistics: there are 3000 journals of which 85% are in science, the journal market makes up 7 - 11 billion US\$ while 638 billion US\$ is invested in research. He also said that only 44 patents from Portugal were filed in the European Patent Office (EPO) while Sweden leads the per capita filings in the EPO.

He predicts that this situation is changing due to the technology transfer mechanism now in place in his office at the University of Lisbon where they are re-engineering the research enterprise.

The prosecution of patent applications to patent in the Lisbon Patent Office, the EPO and the USPTO was presented by Sofia Rodrigues and Ana Bandeira of the Lisbon PO, Maria Fernandez Ferreira of the EPO and Paul Salmon of the USPTO.

Bandeira of the Lisbon PO, Maria Fernandez Ferreira of the EPO and Paul Salmon of the USPTO.

Sofia Rodrigues talked about novelty and said that in Portuguese papers presented before a scientific society within a year of filing a patent application were not prejudicial as contrasted with other countries. Because many countries do not have this 12 month grace period it was agreed among the presenters that it was much safer to file an application before publishing. Ana Bandeira outlined the fees required to file a patent application in Portugal and said that financial support was available to universities and low income inventors.

The patentability of software was presented and discussed at length by Paul Salmon of the USPTO and Maria Fernandez Ferreira of the EPO.

Paul reviewed the judicial decisions in the United States which led to the possibility of obtaining a patent on software. In the Supreme Court decision of Diamond versus Chakrabarty the court said "anything under the sun that is made by man" is patentable. Even

so it took a number of years before a software patent issued.

José Marcelino of the Portuguese Institute of Industrial Property says that the debate over software in Europe continues and it appears that none has issued in Europe.

Maria Fernandez Ferreira made a presentation of extensive prosecution of 3 software patent applications in the EPO. None of the applications were ever patented even though the corresponding US Patent Applications were. Two of these US Patents were: 6 044 363 and 6 731 927 if anyone would like to look them up. She also gave the average cost of filing a patent application in the EPO with all European countries as nearly 30,000 euros. The writer can not believe that many such applications are being filed by universities.

In the closing remarks Francisco Pereira do Vale of the Institute of Scientific Applications within the University of Lisbon promised a further workshop to review what was learned in these sessions.

Gilbert Wells, Retired US Patent Attorney

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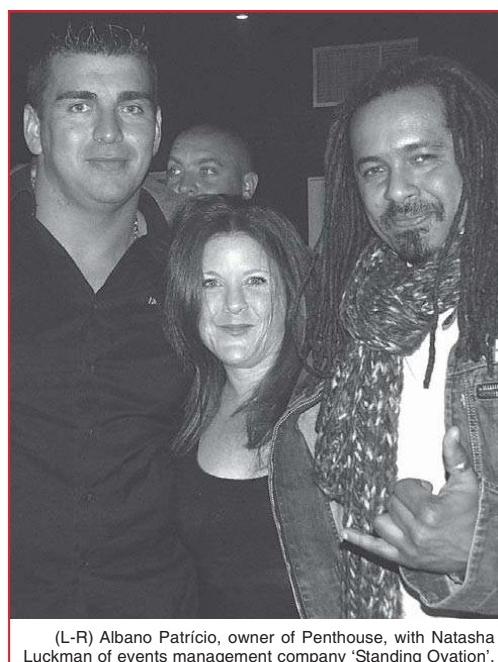
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(L-R) Albano Patrício, owner of Penthouse, with Natasha Luckman of events management company 'Standing Ovation', and Olavo Bilac, of Santos & Pecadores.

Penthouse is now open to the general public.



Portugal are back in contention to qualify for the 2008 European football championships after beating Belgium and earning a hard-fought draw in Belgrade against Serbia. Portugal are now second in their qualifying group and five points behind leaders Poland. Two teams from this group will progress to the Euro 2008 finals.



Portugal's Euro 2008 hopes boosted



Armando Teixeira (L), Tiago Mendes (2-L), Joao Moutinho (2-R) and Nuno Gomes (R) celebrating after scoring against Serbia during their EURO 2008 qualifier soccer match in Belgrade on Wednesday. (Photo: EPA/Koca Sulejmanovic)

After overpowering Belgium by four goals to nil on Saturday in Lisbon, Portugal returned from Serbia in mid-week with a credible 1-1 draw.

Portugal still have eight fixtures outstanding, but have the easiest matches remaining, with five of these being against the bottom four teams in their eight-nation group.

Portugal, whose home record is one of the most enviable on the international stage, will face their toughest opponents (Poland, Serbia and Finland) in home fixtures, making them a safe bet to qualify for the tournament they narrowly missed out on winning in 2004 when they lost to Greece in the final.

Portugal makes rugby history

From Auckland to Edinburgh, Portugal was the talk of the rugby world this week as they became the first amateur team to qualify for world rugby's finest showpiece, the World Cup. However, the win was marred by the arrest of six Portuguese players, who it turns out, acted in self-defence when confronted by unruly elements as they were celebrating their famous win in a Montevideo nightclub.

After a nail-biting second-leg match against Uruguay, who they beat 24-23 on aggregate to win, despite losing 18-12, Portugal will now face the likes of New Zealand, Italy, Scotland and Romania.

Portugal will pin their hopes in the France World Cup on defeating Romania, and pushing Six Nations wooden spoon holders Scotland to the limit.

While Portugal has in recent years deemed themselves capable of beating Italy, the Italians are in 2007 probably the best they have ever been, so keeping the score down would be Portugal's main objective.

Only a few months ago, it would have been difficult to imagine Portugal's amateurs squaring up to the All Blacks as they perform the Haka, but that will become a reality on September 15 in Lyon as they face the World Cup favourites in a match where losing by fewer than a 100 points will be an achievement in itself.

Portugal kicks off its campaign against Scotland on September 9, and after New Zealand, will face Italy on September 19 and the match of their group will be on September 25 when they travel to Toulouse for their clash with Romania.

On an unsavoury note, a group of Portuguese players were arrested after a police officer was struck in clashes after the players had gone to a downtown area in Montevideo. The six were freed on Sunday and will face further charges.

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Vanessa Fernandes' record-equalling winning streak ends

Portugal's **Vanessa Fernandes** finished third in the first BG Triathlon World Cup of the 2007 season, falling short in her bid for a record-breaking 13th consecutive World Cup win.

She was tied with Australian Emma Carney with 12 straight wins and it was ironically a pair of Australians who kept her from the record. Emma Snowsill powered through the ten-kilometre run to win her sixth World Cup race with a time of 1:59:20 and her compatriot Erin Densham finished second at 1:59:51.

Fernandes spent the off-season working on her swimming and it showed as she excelled in the water in third place. But Snowsill passed her at the five-kilometre mark in the run and never looked back to claim victory. This is the first time since November 2003 that Fernandes has not won a World Cup race she entered.

SUPERLEAGUE FIXTURES DAY 23

MATCH	DATE	TIME	TV
Belenenses-Aves	Saturday	19h15	SportTV1
Marítimo-Braga	Saturday	21h30	SportTV1
Naval-Nacional	Sunday	16h00	
Setúbal-Amadora	Sunday	16h00	
Académica-Leiria	Sunday	16h00	
Boavista-P.Ferreira	Sunday	18h15	SportTV2
Benfica-FC Porto	Sunday	20h15	SportTV1
Sporting-Beira-Mar	Monday	19h45	TVI